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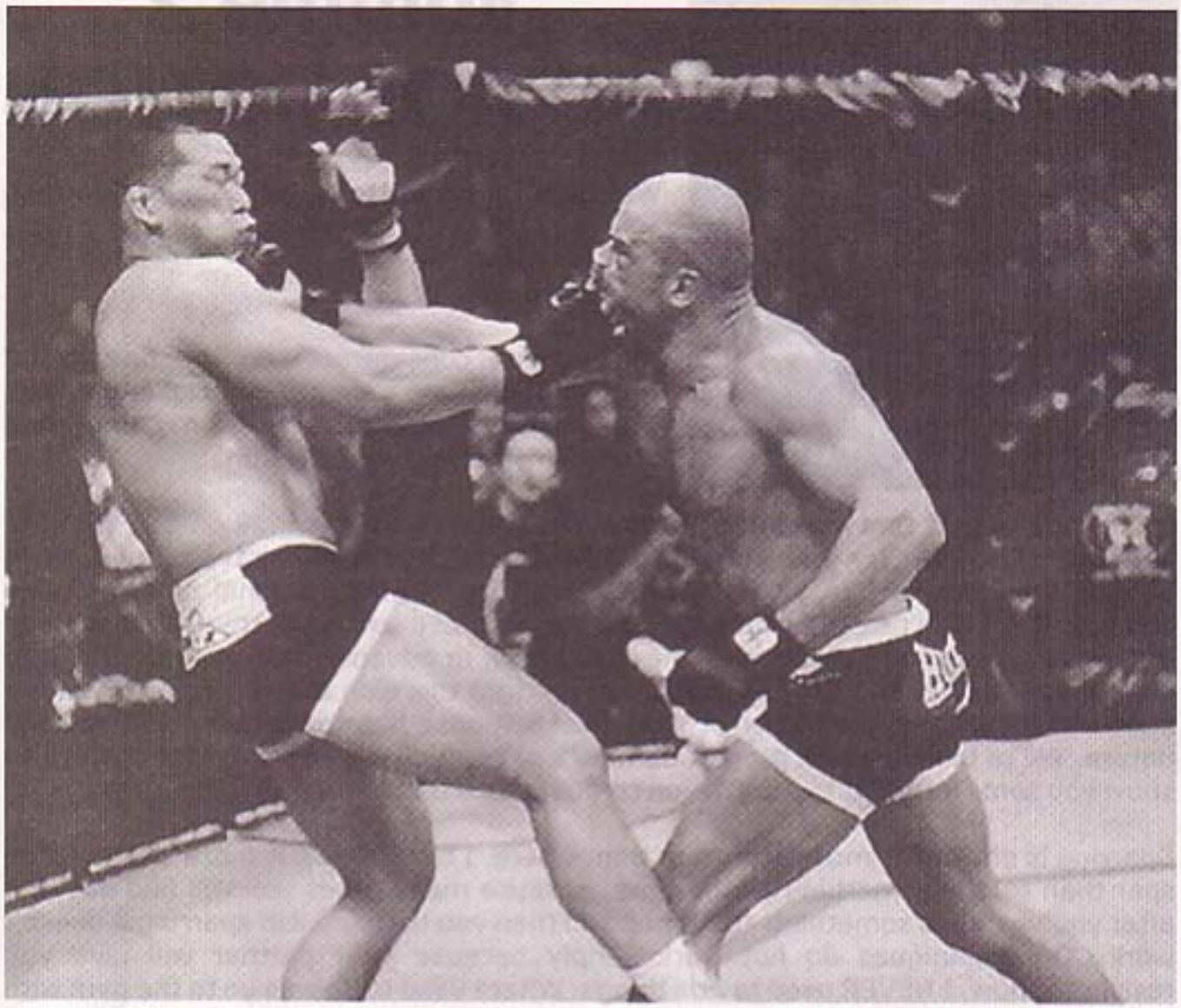
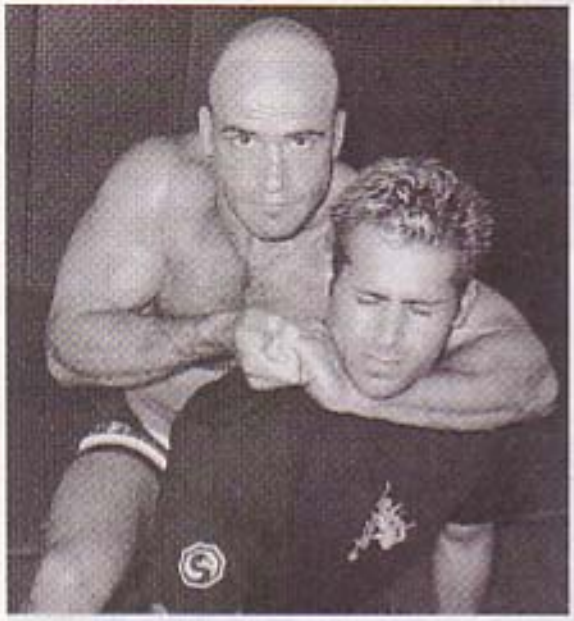


"You and your opponent are one. There is a coexisting relationship between you. You coexist with your opponent and become his complement. Absorbing his attack and using his force to overcome him."

Bruce Lee

BAS RUTTEN'S BIG BOOK OF COMBAT



Volume 2
INTRODUCTION

Welcome To Bas Rutten's Big Book of Combat: Volume 2

Here we are again!

This volume concentrates on the fine art of grappling. We are going to pay close attention to all aspects of the submission game. And believe me this is going to be fun.

Most important is that you keep an open mind. Do not focus only on one thing or aspect of this area. Try to explore. What I mean by that is, you have to have more options than one or two or even three. You need a whole arsenal of submission combos. They don't need to be difficult they just need to be effective. If somebody escapes your arm bar, you already need to know, in advance, how you are going to attack him next. If you have to make that up right there on the spot you will be too slow and he will get the better of you. Your response has to be automatic, second nature. We're talking about preparation. Lots of practice will get you there. I will also show you some interesting submission combinations that I'm sure you'll enjoy.

Sparring is one of the most important things here. I think that it is more important to spar than to drill something all the time, because many times you will find out that after you've drilled something 100 times and then you try to do it in sparring it doesn't work. The techniques do not work simply because your partner will give you resistance now. I NEVER used to drill things. What I used to do was go to the gym with an assignment already in my head. Like, today I only attack his left side and I only go for armbars. The next day I would maybe attack only his left leg. See? Every time do something else. Even IF you can get him in a different submission than your assignment was, don't do it! It will make you better. Also a good thing to do is to give him your arm or leg or neck occasionally. He goes for a submission and then you try to stay out of it. It is just training; you can tap in the Dojo. It's not a fight.

But don't get the idea that I am anti-drill, far from it. There are drills that **are** good, like letting your partner take your back and he tries to choke you (I will explain this in more detail in the chapter on chokes and neck cranks). It's a great drill. Or start in a sitting position with both left legs over each other's right legs. From that position both go for leg locks. If one gets caught, start with the other leg, etc. Attack each other only with armbars, that works too. Or let somebody get on top of you in any position,

★Bas Rutten's Big Book Of Combat ★

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Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill.

Muhammad Ali

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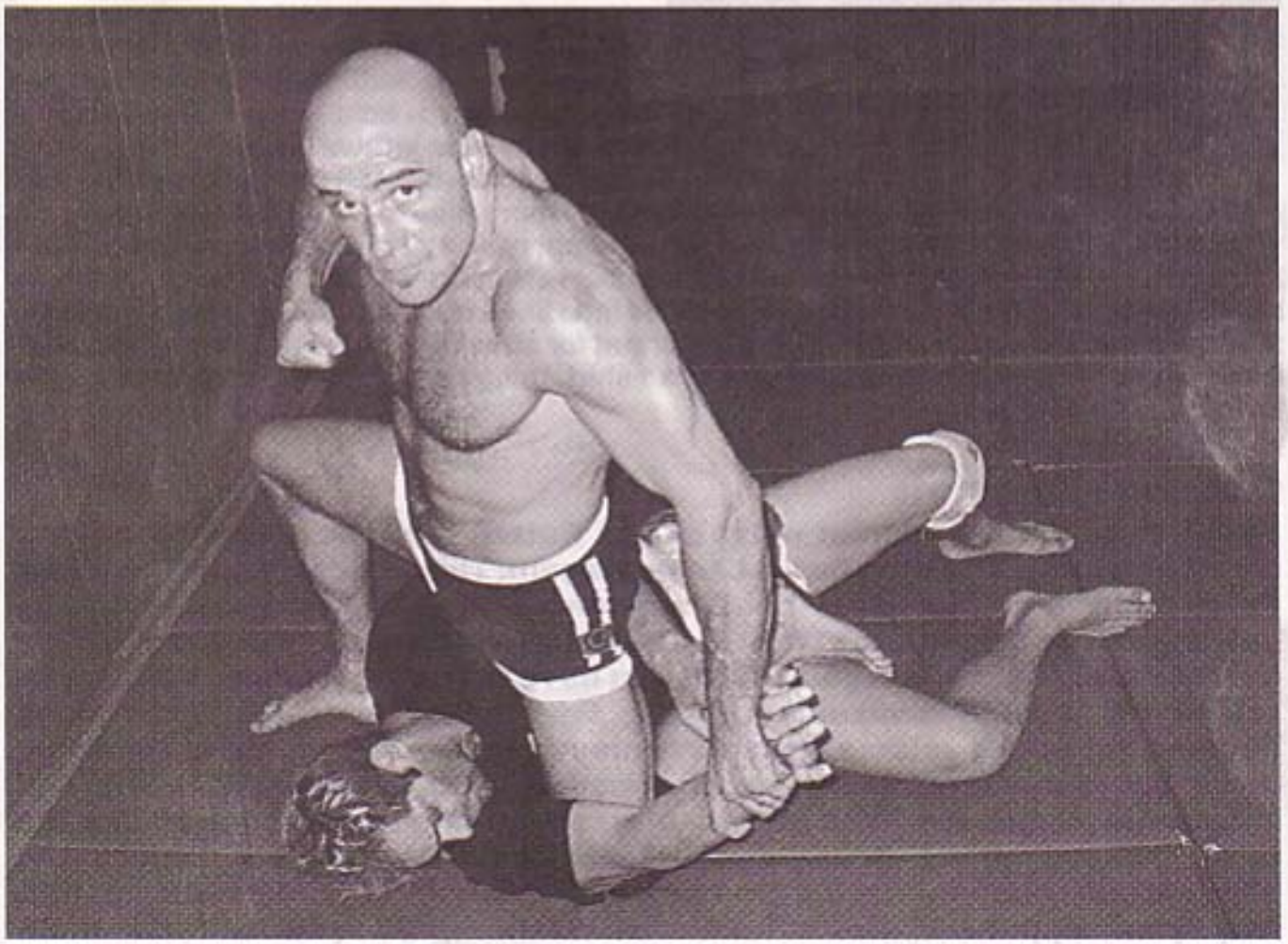

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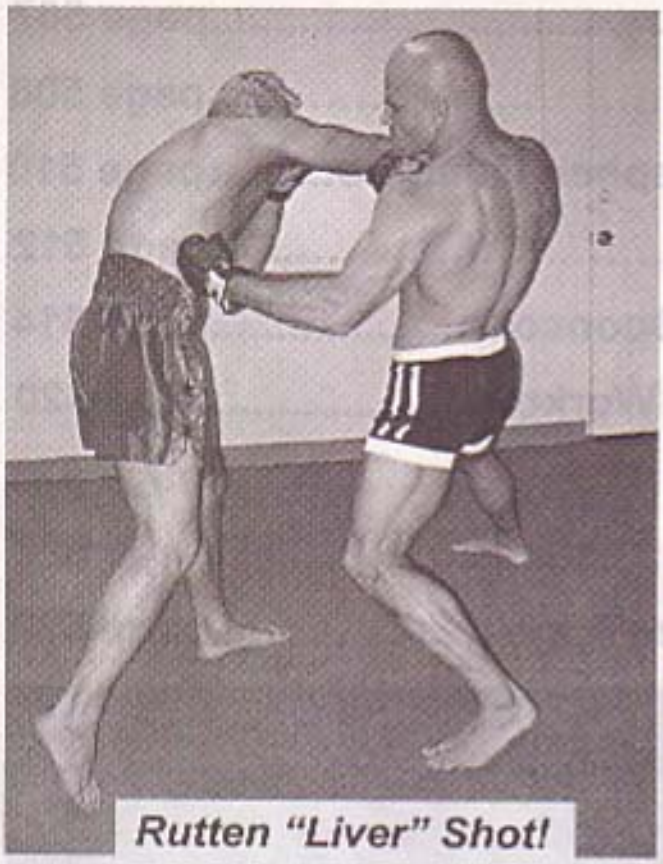
My Fighting Style:



Rutten "Liver" Shot!

I until recently really had no name for my fighting style. If I, would go with something I would call it, like my good friend Stephen Quadros tells me 20 times a day when he sees me, "The Bas Rutten System". He says it is not so much about my fighting style as it is about my whole person. But it is also a good name for the style. It's better than "Bas Rutten-Ryu" or something, like that so the "Bas Rutten System" it is.

I picked up things from all over the world and learned from all kinds of different people. You will hear me on the Audio CD's say many times from, who I got that certain technique from. I put everything together and made it a little bit my own style. I just like to explode with punches and kicks but also, explode with submission combinations. Jiu Jitsu is a slower game than an NHB game because of the gi (or kimono). You can take a little more time with your submissions because you have the gi to hold on to. If you catch somebody in an armbar and he is wearing a gi, it will be more difficult for him to escape than if he were not wearing a gi. Also you can take a little more time to set an armbar up because you have more control. Without a gi, you can be slippery and you have to move faster. I have been asked many times to roll around with a gi but I always declined. They will probably tie me up like a pretzel because I don't know all the little finesse things that they have with a gi. I think also that training with a gi is very important for street self-defense. I mean everybody wears something on the street, a jacket or a t-shirt, things a jiu-jitsu expert knows exactly how to use against you.

Combat Secret:

Inside the creative combat mind of Bas Rutten lays the secret to making chaos into order and then backs to chaos again. This philosophy defies linear description and can only be "experienced" by fighting while totally bewildered and acquiring the disease of forcing your opponent to be bewildered. Right when you THINK you have things figuredout, BOOM, you are in for a rude awakening in the fine art of informal, unorthodox aggression. In this volume each move may seem like it is placed in a random order but there is a method to the madness, to keep you thinking and constantly suspicious. The idea is to break out of a set mold much like the basic philosophy of Bruce Lee's Jeet Kune Do. Always expect the unexpected! Plus you should try to master the craft of being creative, that way your opponent won't know what the f#@k you will do next!

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Chapter 1

Chokes and Neck Cranks

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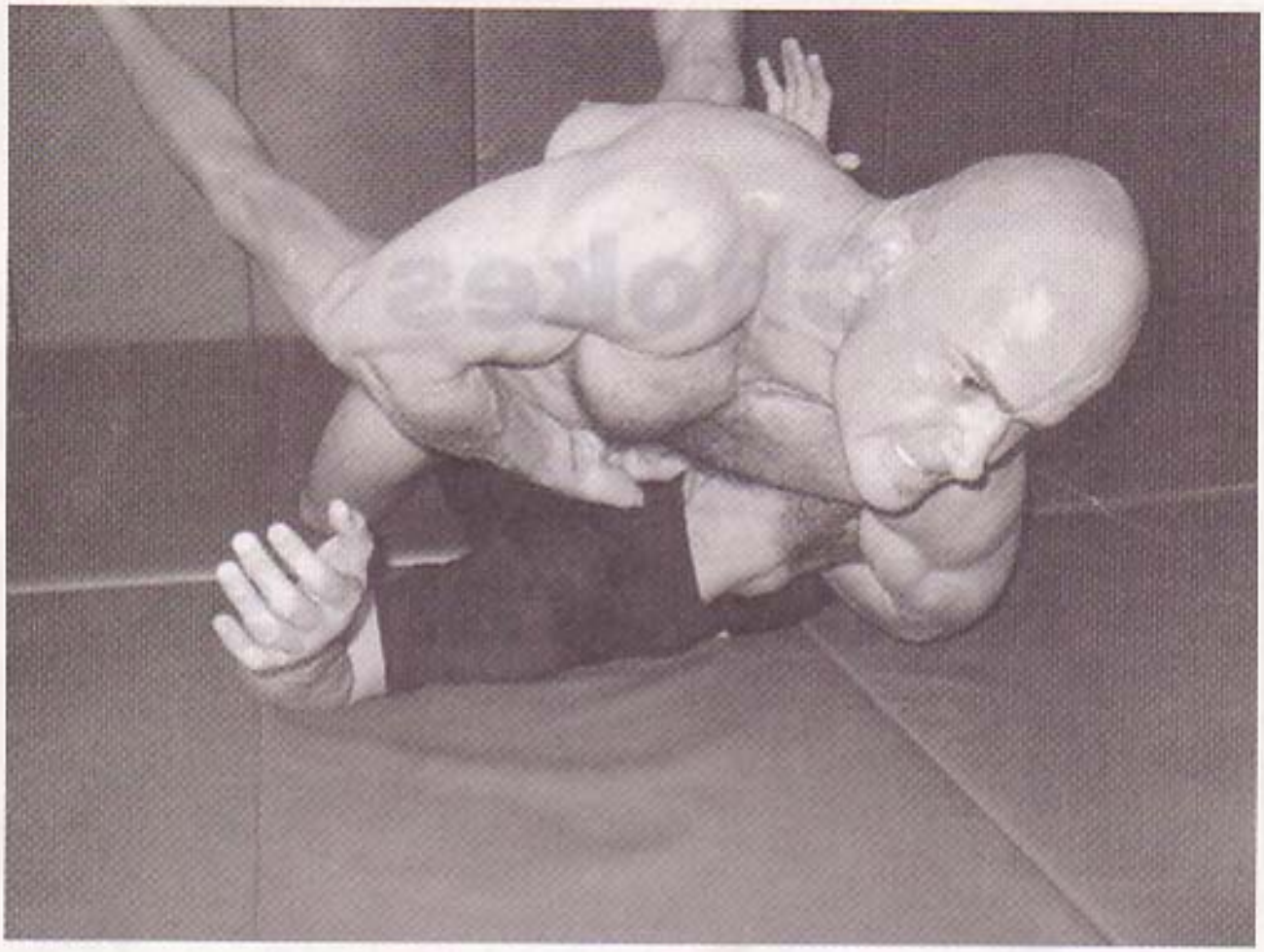
BIG BOOK OF COMBAT

Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.



"When you have control of your opponent's head, you pretty much control your opponent's whole body!"

—Bas Rutten

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Chokes and Neck Cranks

A chokehold's purpose is to cut off your opponents air supply which causes him to give up (submit) or pass out. Where some neck cranks can reduce the air supply, they are primarily a joint lock because they work to hyperextend the neck region.

I really like neck cranks. I use them all the time during my sparring sessions just to annoy my opponent and make him uncomfortable. If you neck crank somebody, he can't breath freely and that will mess with his head.

With gloves it is difficult to get somebody in a rear naked choke IF he knows how to defend a rear naked choke. So then maybe a neck crank would be good (see the Bas Rutten exorcist move—I am really proud of that one).

Side chokes and triangle chokes are beautiful and very effective also. Like in every submission move, the most important thing is to set your opponent up the right way in order to get the submission. Creating distractions and making him think you are going for one move and then suddenly explode into a completely different direction is what I am talking about. Or let him make a mistake and take advantage of that by getting him in a choke. Setups are an integral part of grappling because nowadays nobody will lay there and just let you get him in a submission.

Also good to learn is combinations: if one move doesn't work and he defends a certain way, go right away over to a different move. It is like striking. Punching to the head won't set him up for a body shot? Maybe a punching combination to his head will do the trick. Play with it.

I will now reiterate a point I made in the opening of this volume. This is a drill that you will thank me for someday. Your partner takes your back and tries to choke you for 2 minutes, then you change and you do the same thing with him. Do this for 30 minutes at a time, once a week and it will be VERY difficult for your future opponents to choke you, I promise you.

With all the techniques in this chapter (and the whole book in general) it is VERY important to know how to defend against them. So learn defense too, not just how to apply the technique offensively. Even if you don't know how, just watch the pictures. I will show you a number of good ways to stay out of trouble. You will see that there ARE things that you can try if someone puts a triangle choke on you. TRY, I say, because some things don't always work if your opponent applies his weapons perfectly. But if you don't try, you will never succeed. In Holland we have this saying: "If you don't shoot, you always miss". I like that saying. Always try, it is the least that you can do. If you don't, you always miss.

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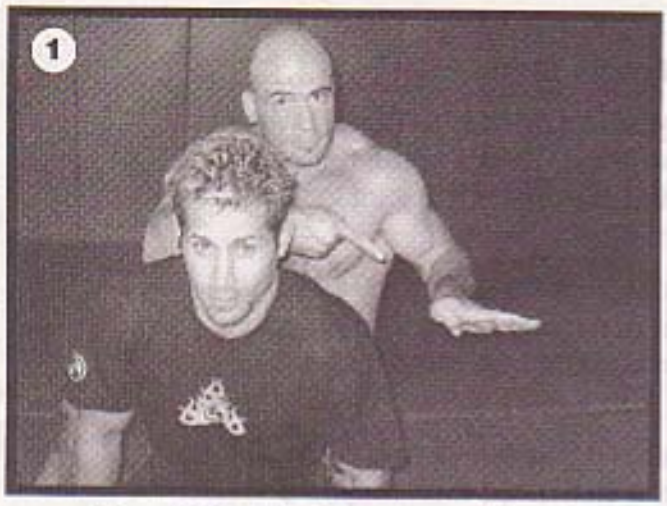
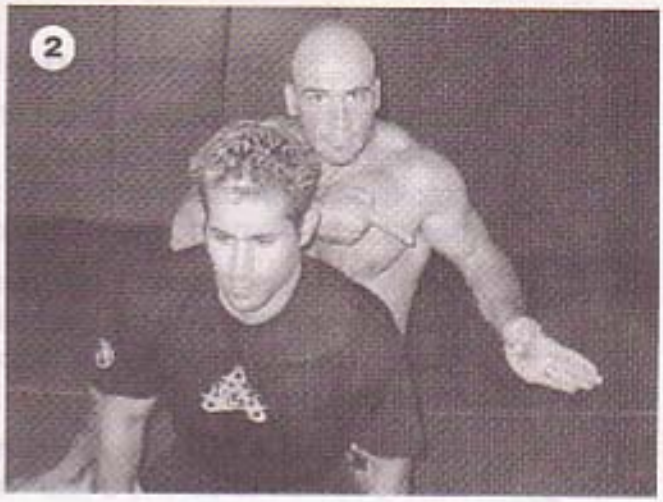
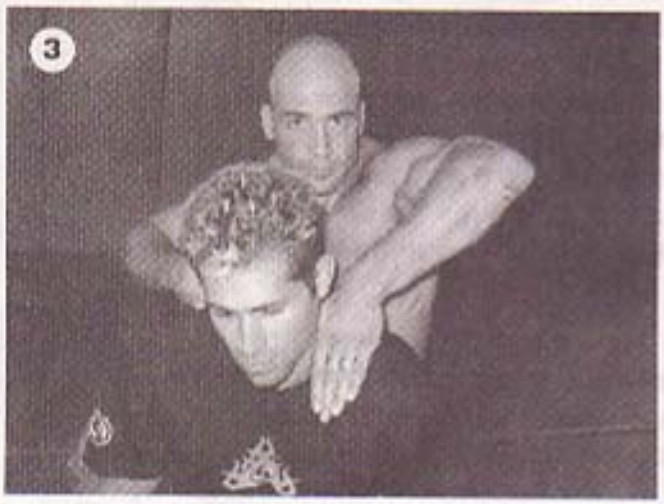


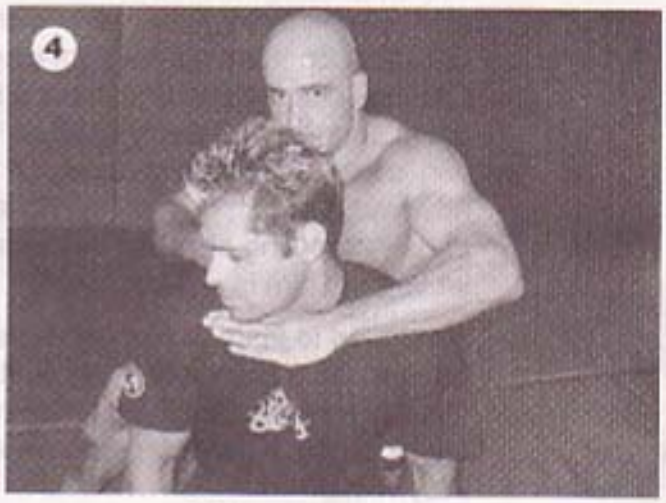
Blood Choke: Open your hand, keeping your fingers together.



Tuck your thumb down inside.



Start behind his left ear.



Slide your left hand all the way around his throat.

Bring your hand up to the other side.

Keep your left arm tight around his throat.

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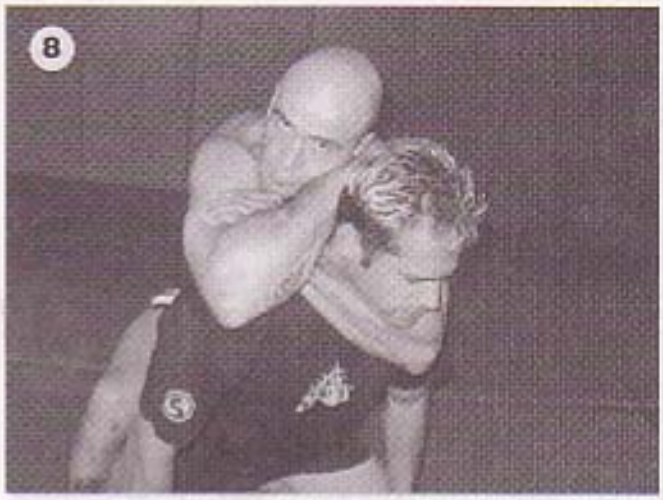
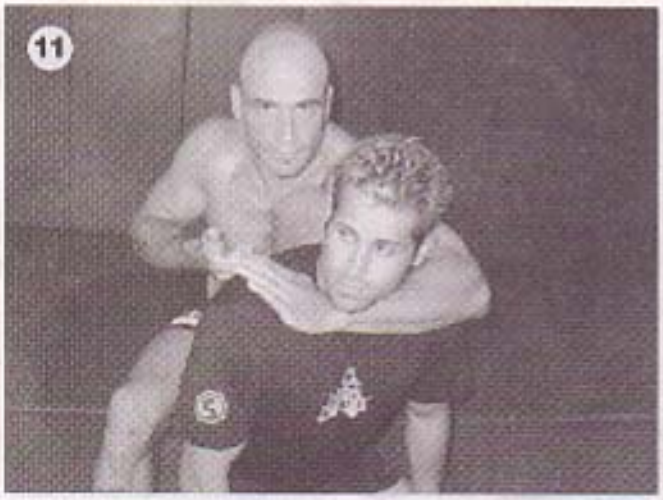
Grab your right biceps with your left hand.



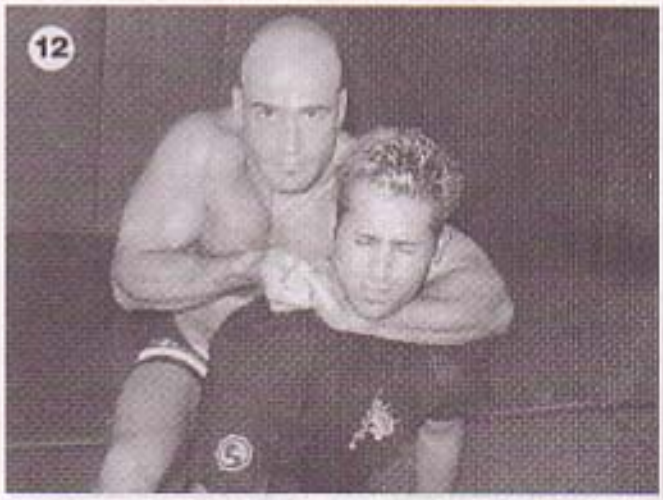
Put your right hand behind his head.

Finish by squeezing and pushing his head forward.

Another similar choke is the **Throat Crush.**



Slide your left hand in. Stop your left wrist at the front of his throat.



Now grip your hands together.

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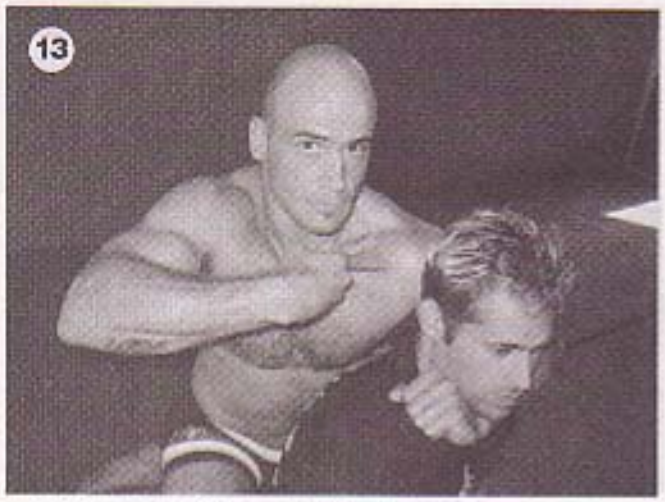
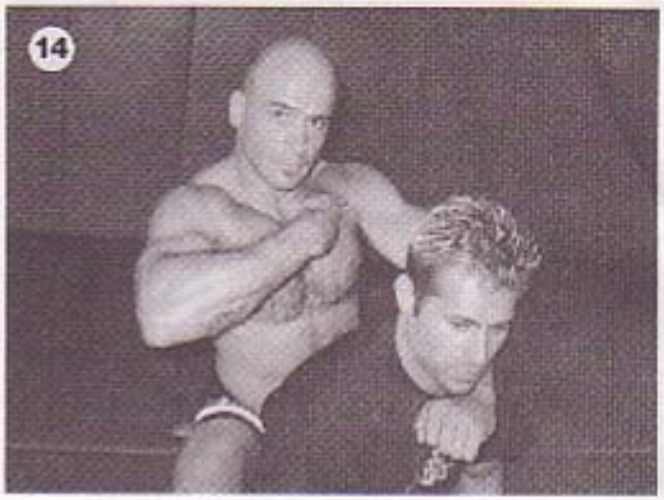
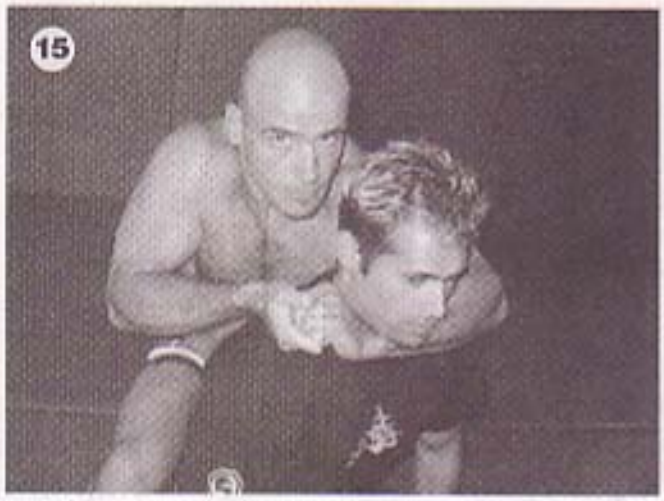


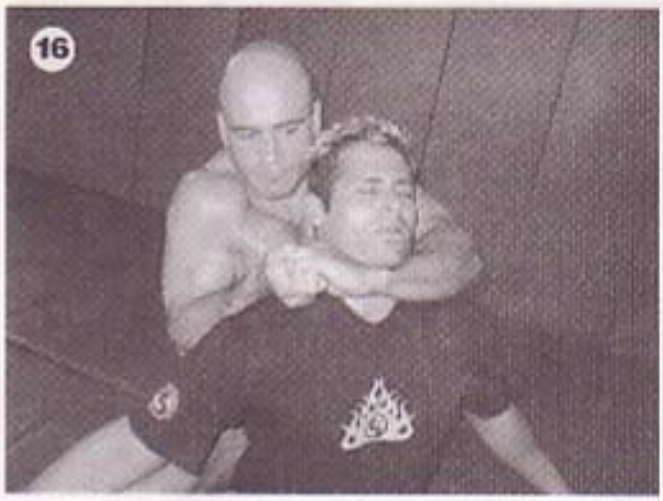
Watch my left shoulder.



Pull the shoulder back, that's the trick for this technique.



So hold his throat again.



Finish by squeezing and pulling your left shoulder back.

If you want to go from here to a blood choke you can, watch!

Pull your left arm in tighter to his neck and with your right hand open...

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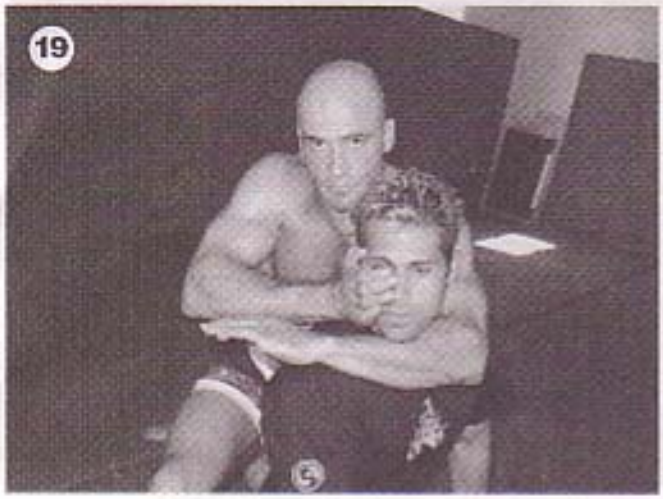
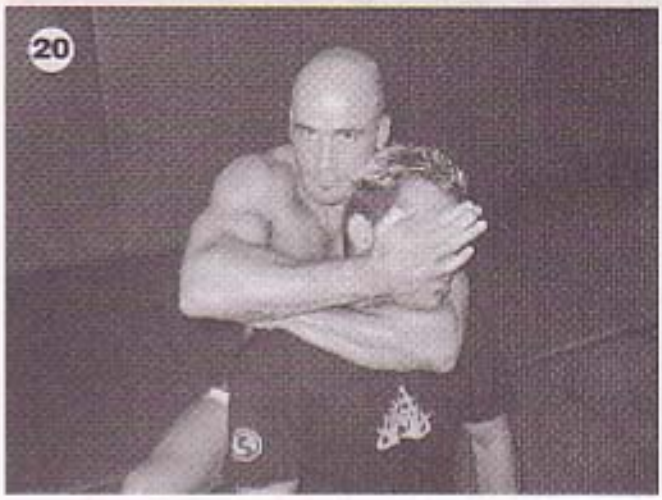
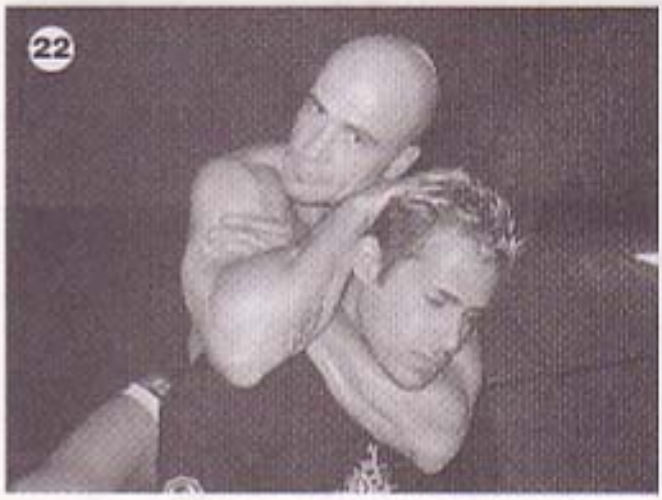


...push hard on his face, forcing it to the right with your right hand.

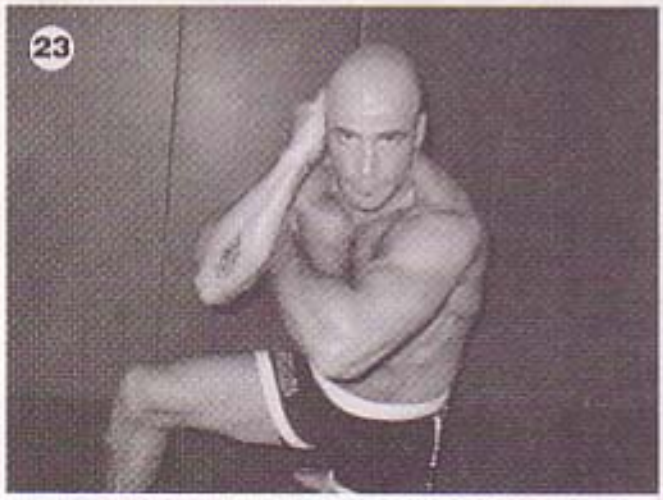


Cross face him like this.

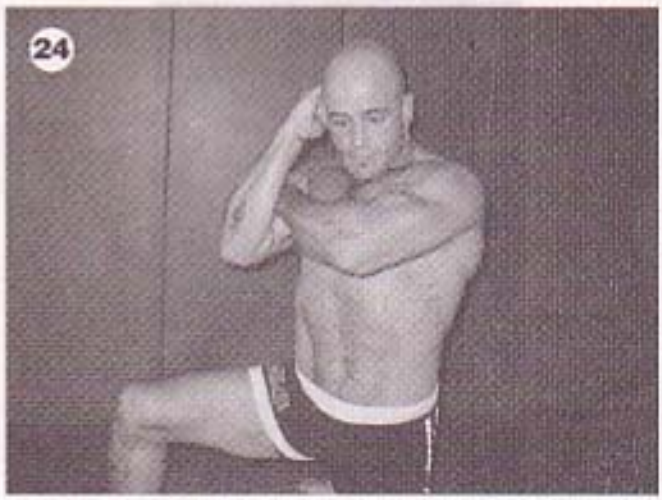
Push all the way to the right and grab your right biceps with your left hand.



Place your right hand on the back of his head.



Same technique as a Blood Choke.



Both shoulders pull backwards.

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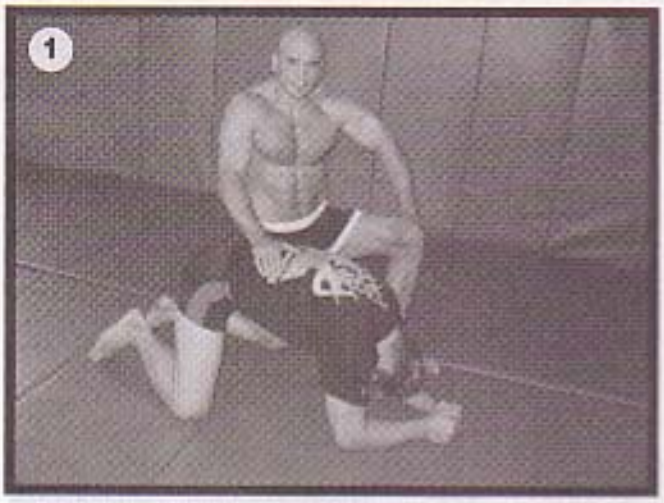


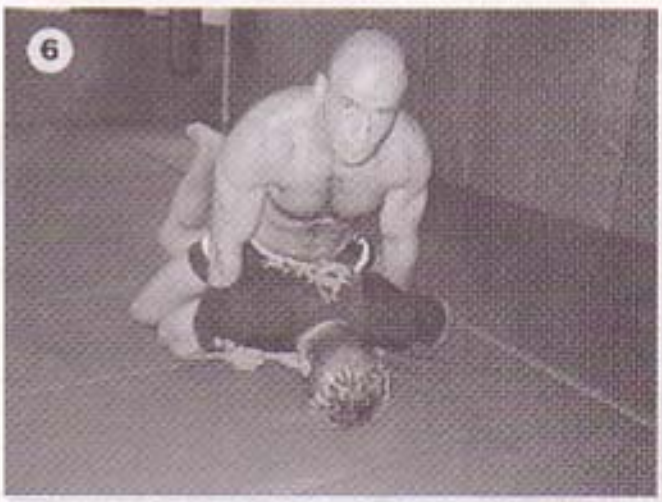
Choke: Now the fun begins.
We start with the opponent on all fours.

Put your left foot inside.

Step over, grabbing both wrists,
with your heels hooked inside.

Push his hands on the floor
and bridge your hips forward.

Looks like this from the back.



You have trapped his hands,
but he can still escape, so move fast.

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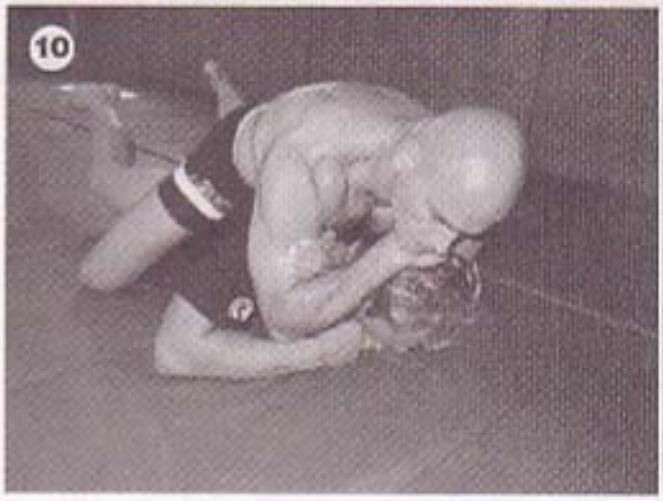
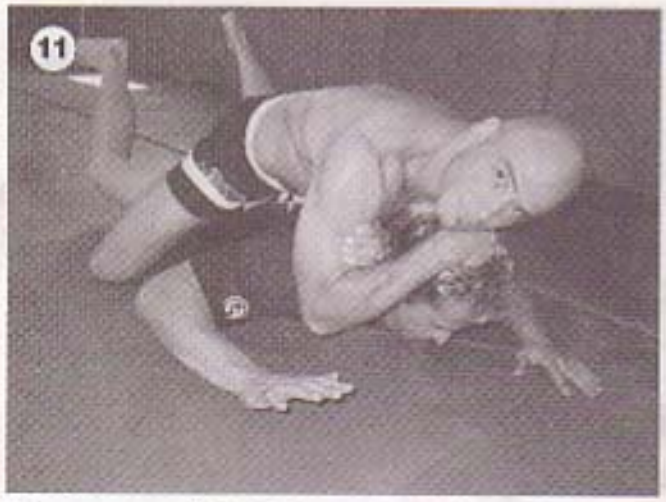
Release your left hand to choke.

Slide your left hand under his throat.

Release his right arm.



Grab your right biceps with your left hand, putting your right hand behind his head.



Squeeze to finish the submission. For more leverage, pull your left shoulder back.

Training Notes

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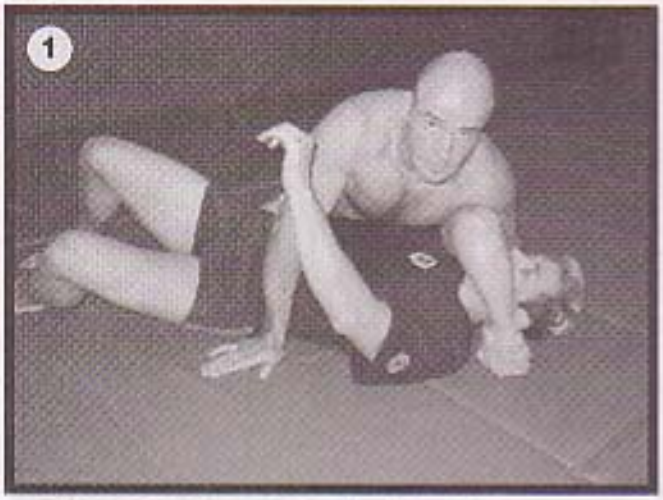
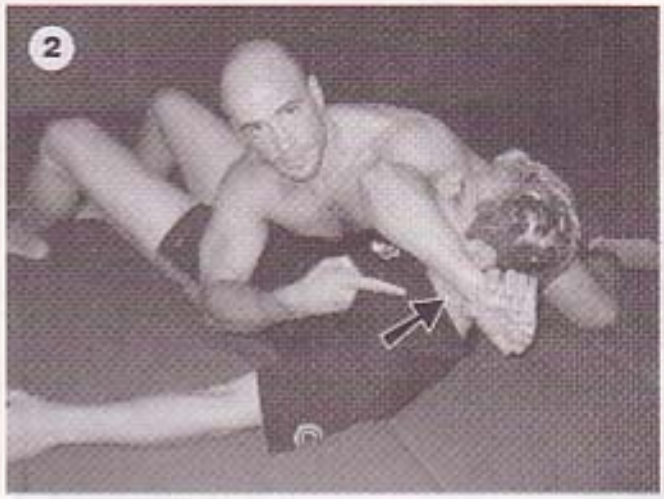
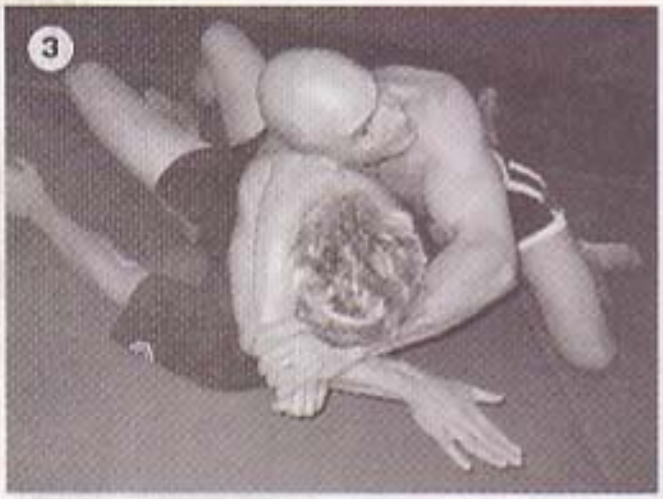


Side Choke: Begin in the side mount, holding his right arm over his face.



Pull his head up to create space.



Bring your right arm around his throat.

Push your right hand over to the other side.

Grab your left biceps.

Lay flat on your belly and squeeze your arms for the submission.

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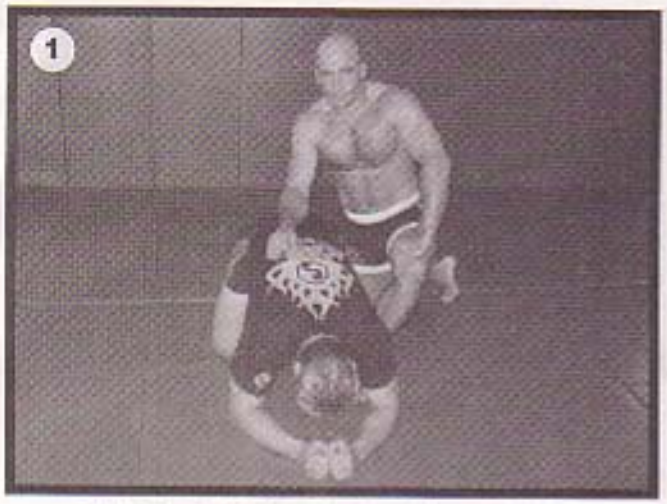
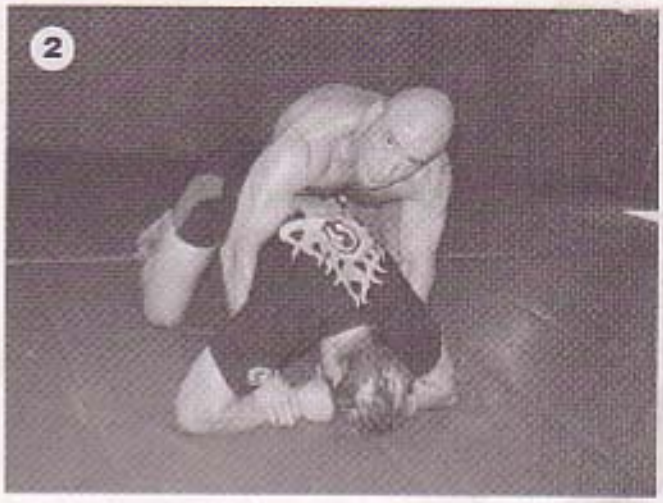


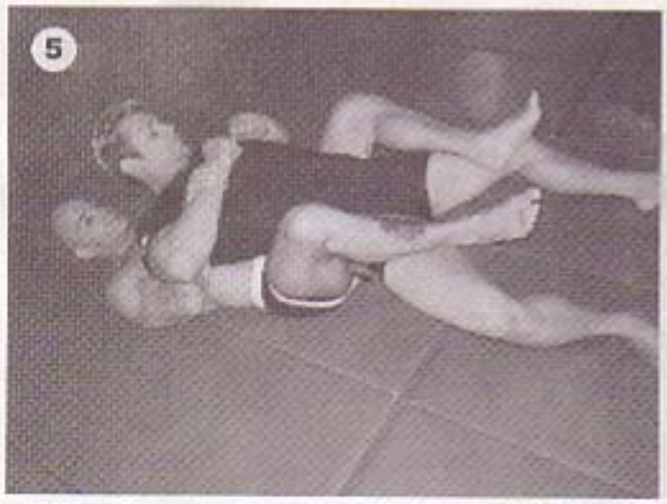
Choke: We begin in this position with our opponent on all fours.



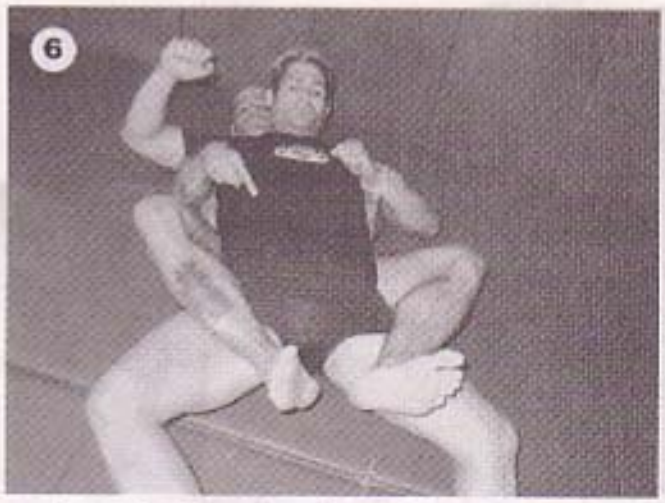
Step under with your left foot, grabbing both his wrists with your hands.

Step over, placing your right foot under him.

Pull him up, with your heels inside his legs.



Fall backward while holding his wrists and keeping your heel hooks inside.



Your heel hooks should look like this.

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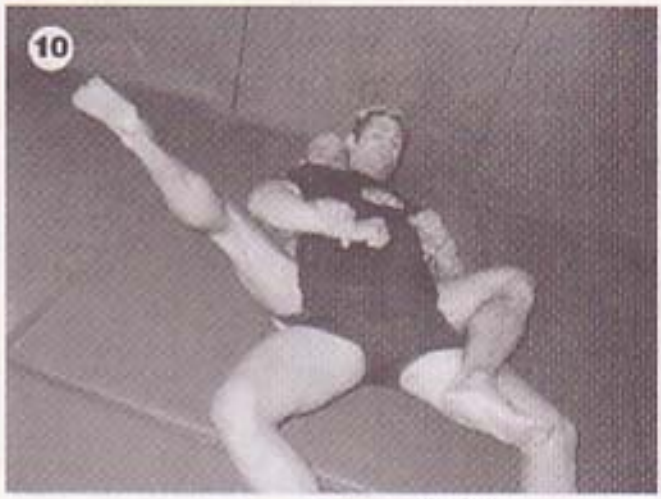
Do not cross your legs like this.

If you do, he can foot lock you with his leg.

Keep control of his wrists.



Now release your right leg.

With your right leg pin down his right arm.

Quickly let your right hand go to choke.

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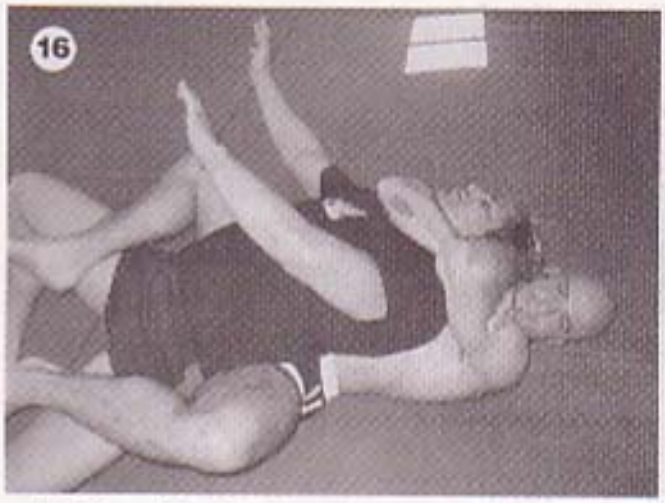
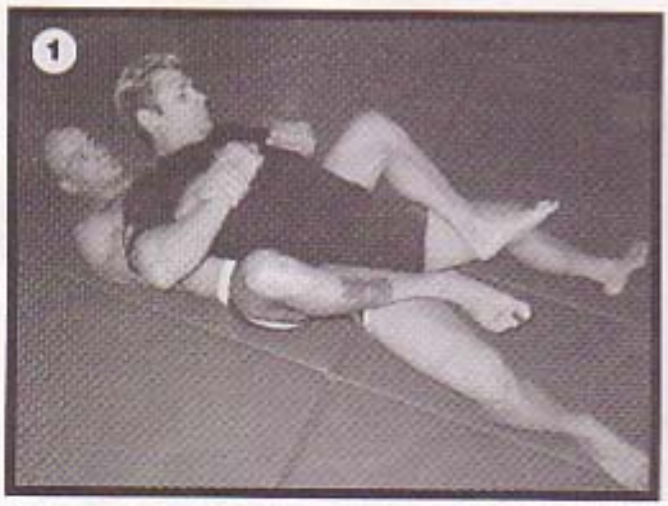
Slide the right hand in around his throat.

Once you have his throat let your left hand go.

Grab your left biceps with your right hand.



Finish with the blood choke submission.



Bas Rutten's Jaw In Throat:
If he protects his neck, do the following.

In this position he will protect his neck by pushing his jaw down on his chest.

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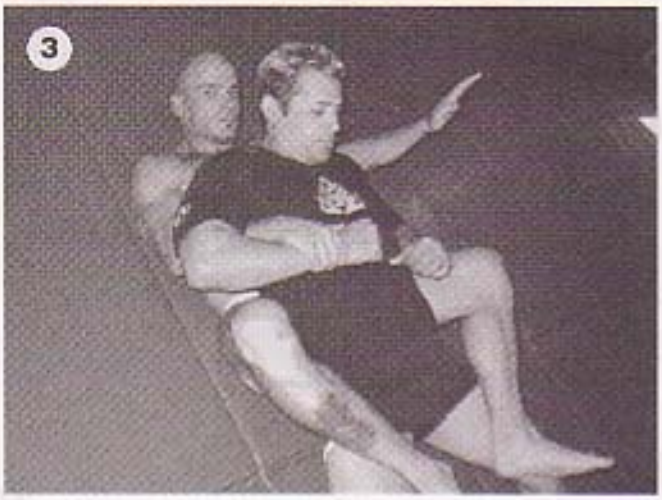
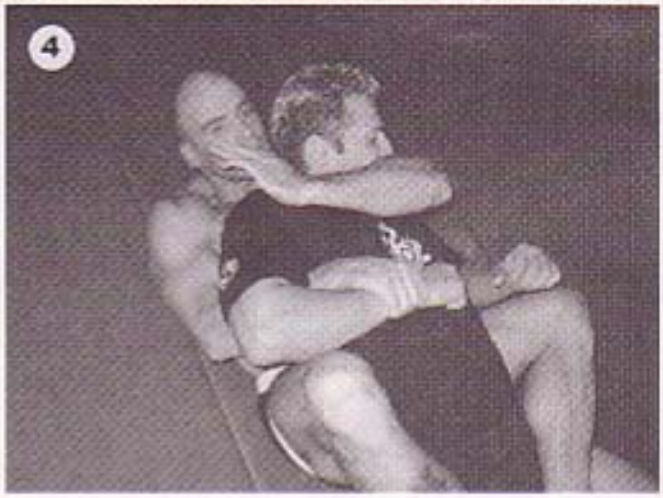


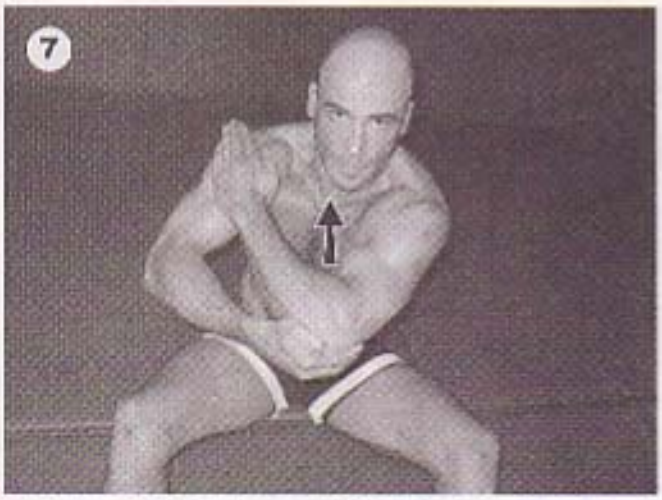
Bring your left hand out.



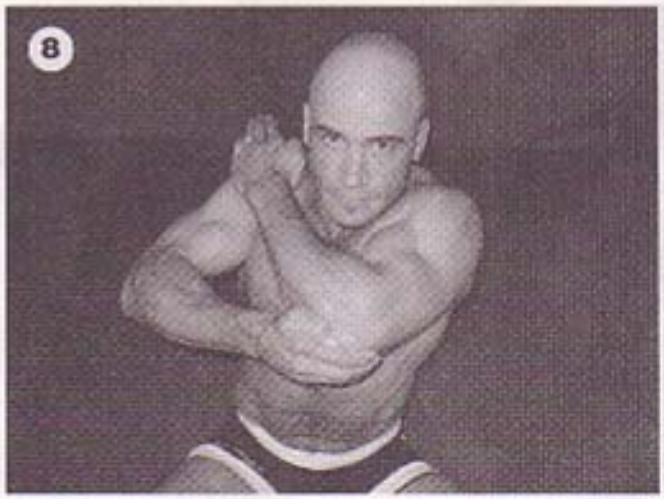
Wrap your left arm around his jaw like this.

Grab your left elbow with your right hand.

Pull in, pushing his own jaw into his throat to create the choke.



Grab your left elbow, cupping your right hand around it.



The force of your left arm and right hand pulling toward you will get you the choke.

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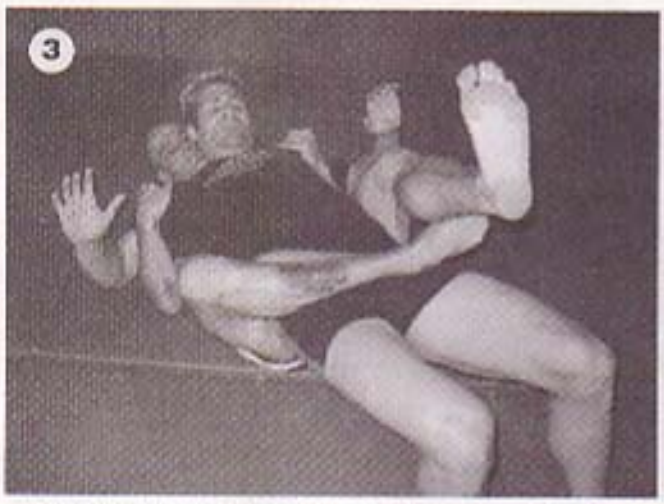
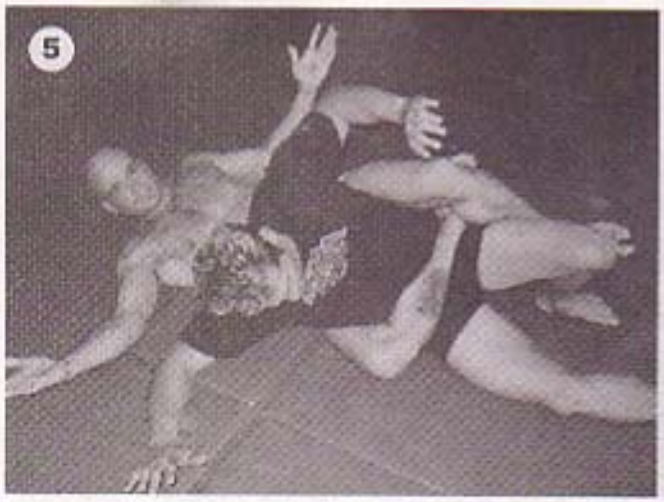
Triangle Around The Waist:
This is a control technique.

While holding his shoulders, bring your right leg over his belly.

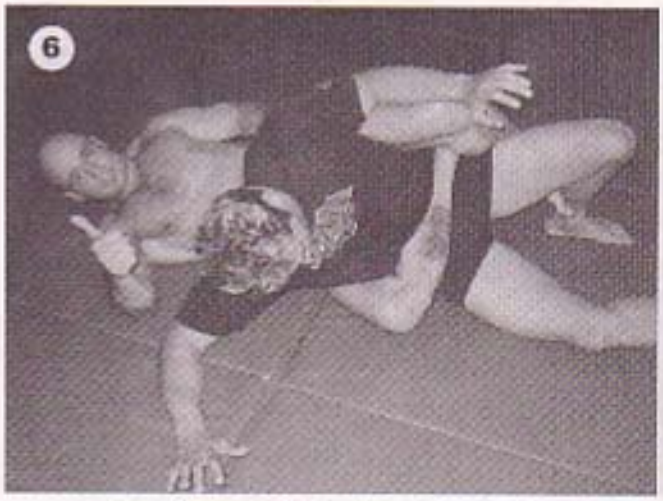


Hook your right foot under your left leg and lock the position.

Keep your legs tight and squeeze them hard, while pushing your belly forward.



He can't breath properly and he can't move to the right or the left.



You have all the time to go for a choke or neck crank.

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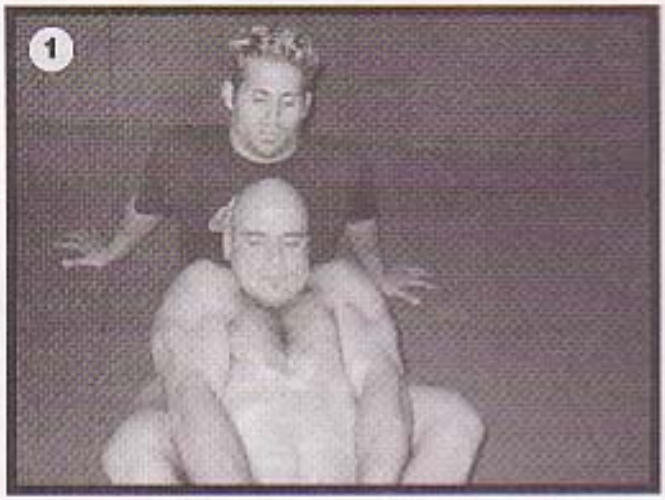
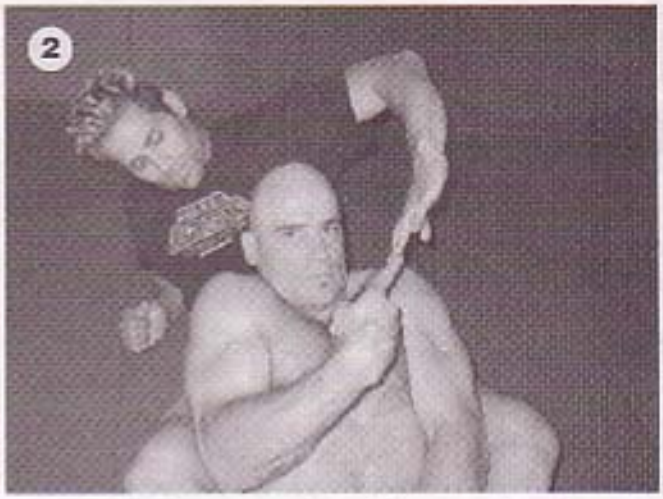
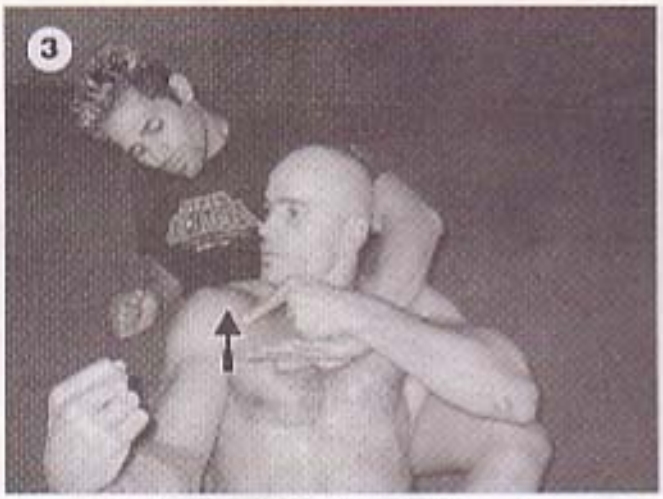


Defend The Choke: He has my back and I immediately bring my shoulders up.



Raising your shoulders protects the throat from his hand.



Now look to the right and watch my shoulder, I bring it up.

I tuck my chin into my shoulder and there is no space to choke.

If he comes from the other side same thing.

He can't lock his arms around my throat.

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Rutten's Exorcist Move: You have his back, holding both wrists, your hooks are in.

Release your left leg.

With your left leg, go under his left leg and hook your right foot under your left leg.

Now his right hip is locked and you can let your right hand go.

Grab his jaw with your right arm, lock your hands, and pull his head hard to the left.

Keep cranking his head left until he taps.

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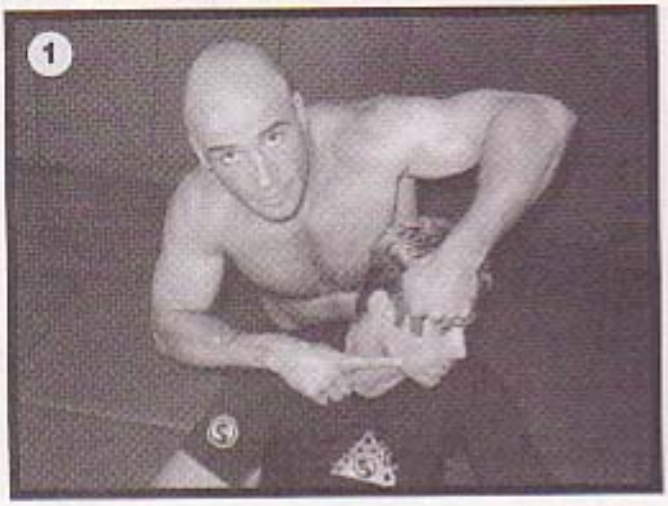
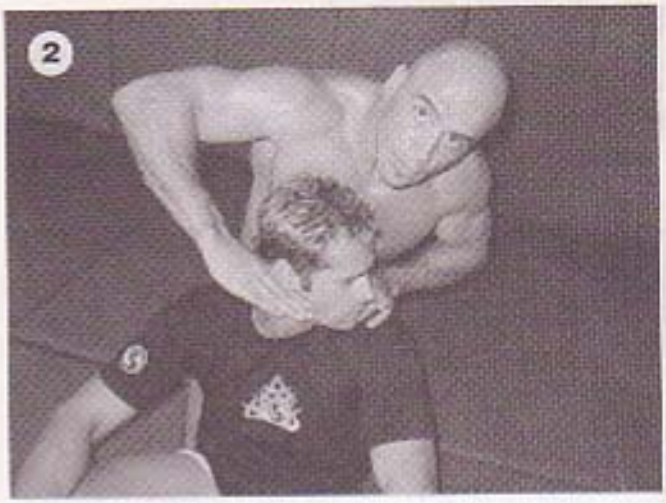


How To Cross Face: Slide your hand in between his jaw and cheekbone.



Keep your hand open, with your thumb on the inside.

Slide your hand until you come to the thinnest part of your wrist.

Keep your wrist tight to this spot between his jaw and cheekbone.

Grip your hands together and squeeze, that's it.

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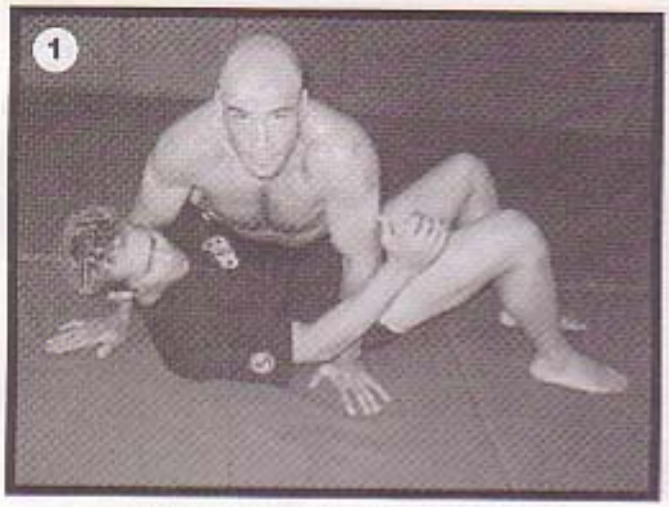
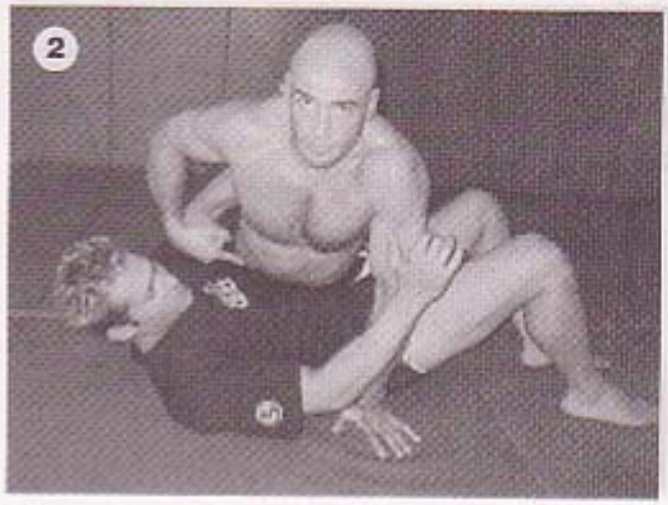
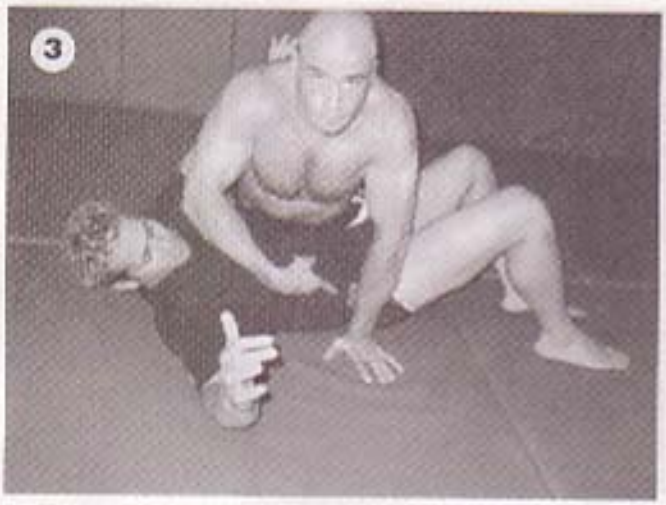


Neck Crank: We start in the side mount position.



Your belly should press against his body.



Keep your left hand posted in front, tight to his side.

Lay down.

To create space, push his arm up with your left hand.

Reach around the back of his neck with your right arm.

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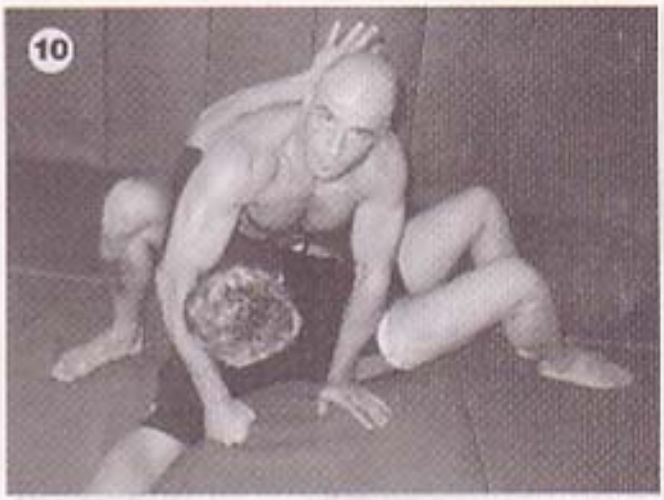
Keep your right hand in a fist.

Post your right fist down in front of his right armpit.

Also control him with your left arm at his hip.



Bring your right leg up to step over his shoulder, keeping your body low.

Grab the top of his head with your left hand, pulling his head to his chest.

The neck crank is complete and he will begin tapping like a typewriter.

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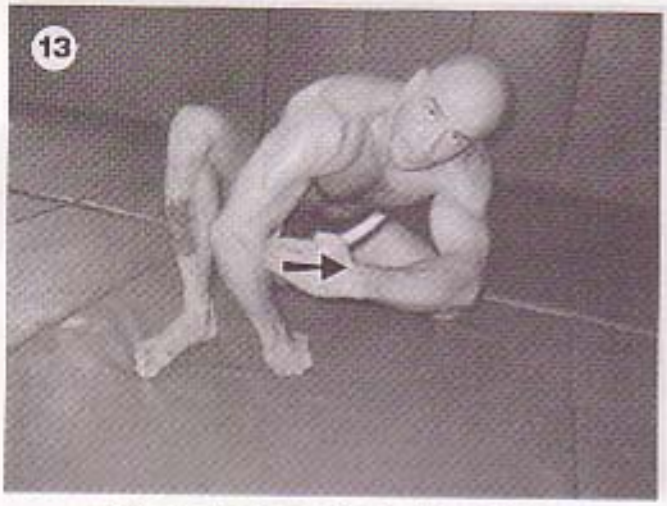
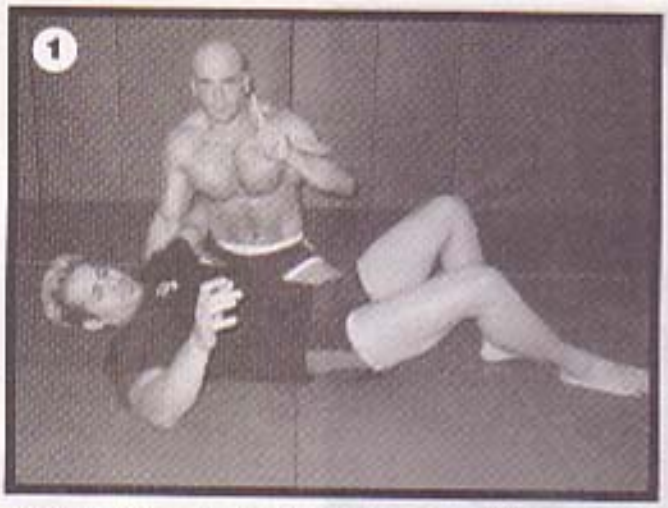


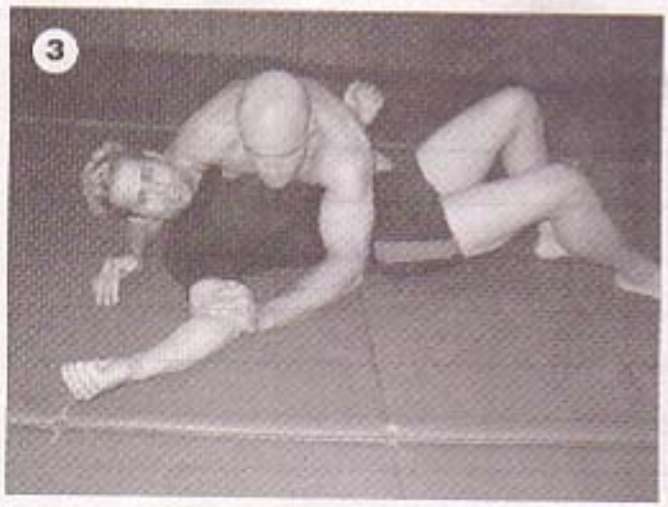
The technique looks like this.

Stretch your right arm as you pull with your left hand.



Neck Crank: If you are in the side mount and his arm is not under your armpit...

...like this...



...we go for a different neck crank.

Put your right fist by his armpit and left hand by his side, so he can't roll out.

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Stay very low and put your right foot next to your right hand.

Grab his head and neck crank him to the left, using a cross face technique.

Grip your hands and pull toward you. Finish by pushing his head forward with your upper body.

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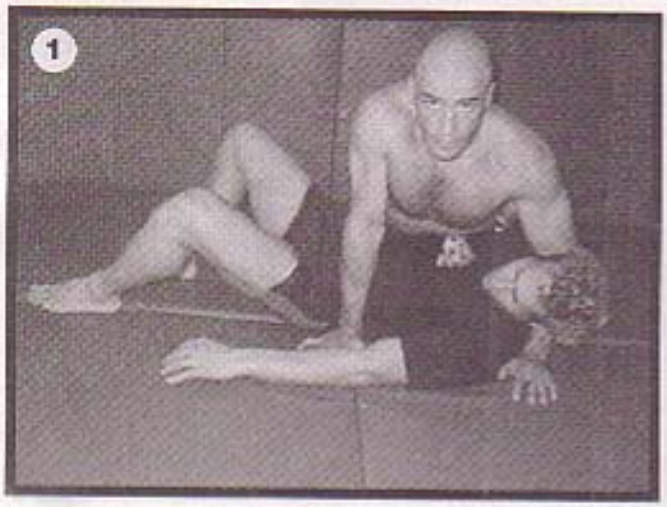
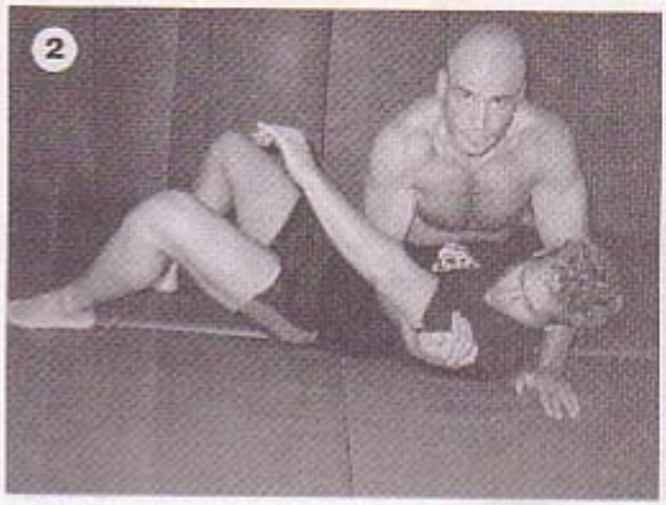
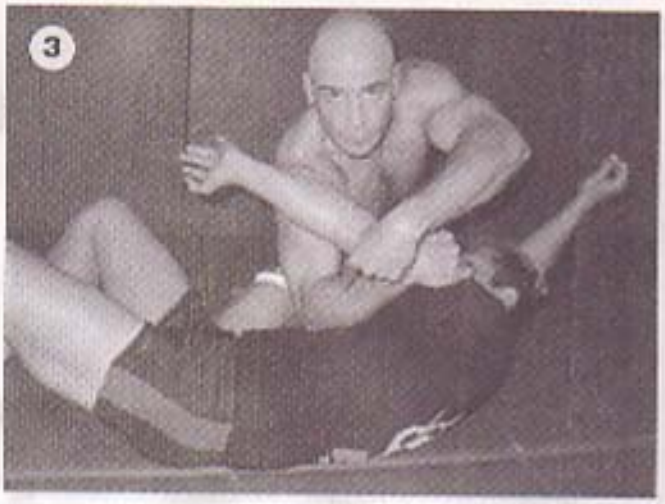


Front Choke: Start in the side mount position.



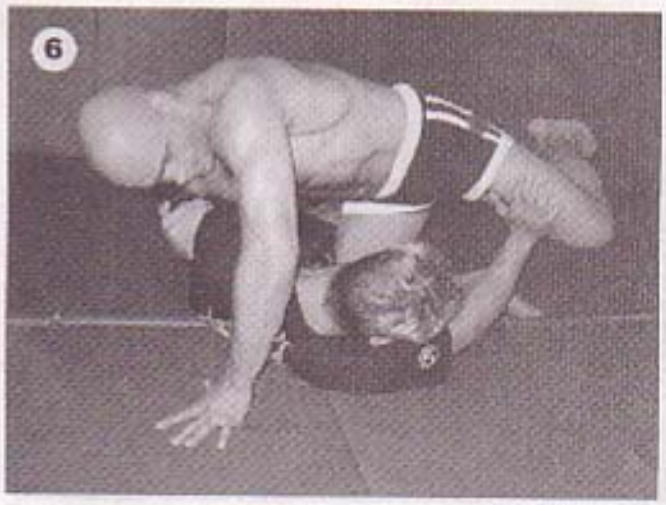
Grab his left biceps with your right hand.



Pull his arm forward and lean your right elbow on his ribs.

Now start kneeing him with your left knee.

Knee to his head.



For sure he will start to block.

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When he comes forward to block it is the time to go behind his neck.

Slide your left hand under his jaw.

Looks like this!

Now roll to your right, turning him on his back.

Let your right hand go as you roll.

Grip your hands together like this.

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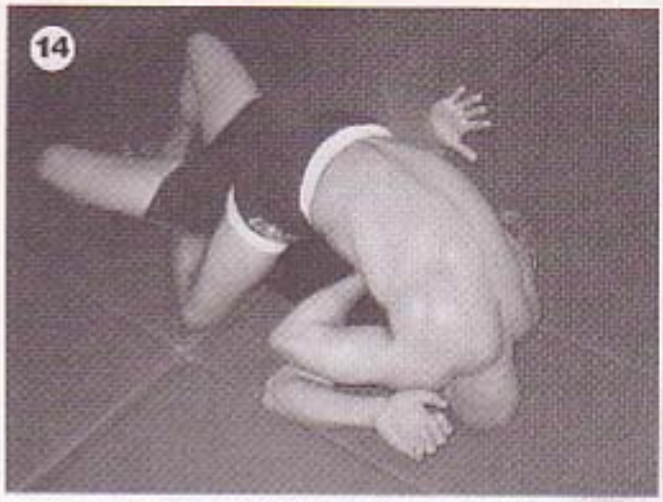
You can also post on your head as you do the technique.



Don't forget to under hook your heels for control.

Keep the heels in tight.

Bridge and pull your right shoulder back for the submission.

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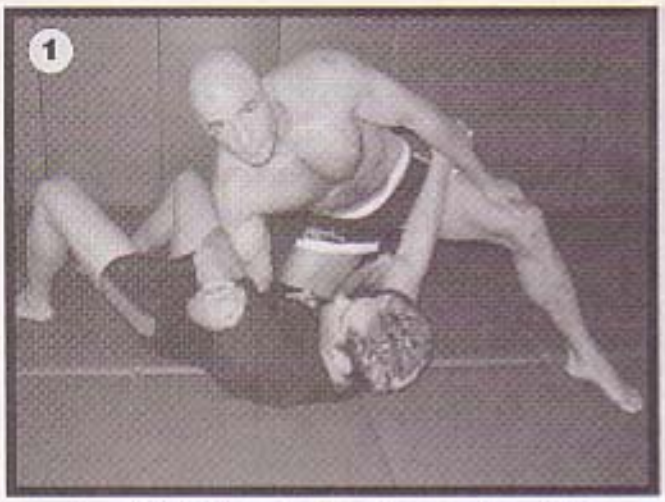
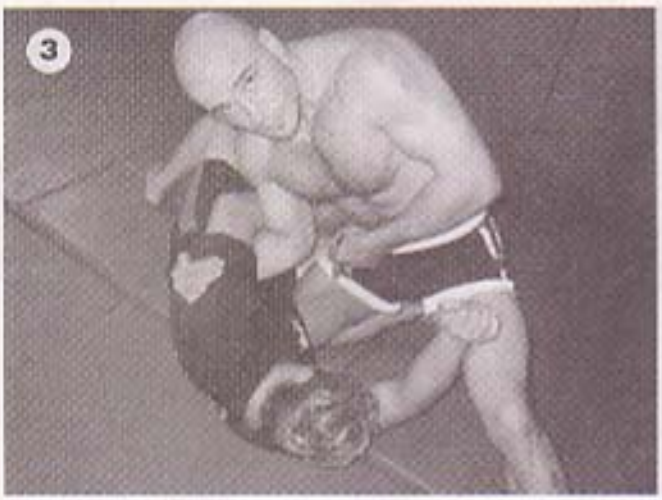


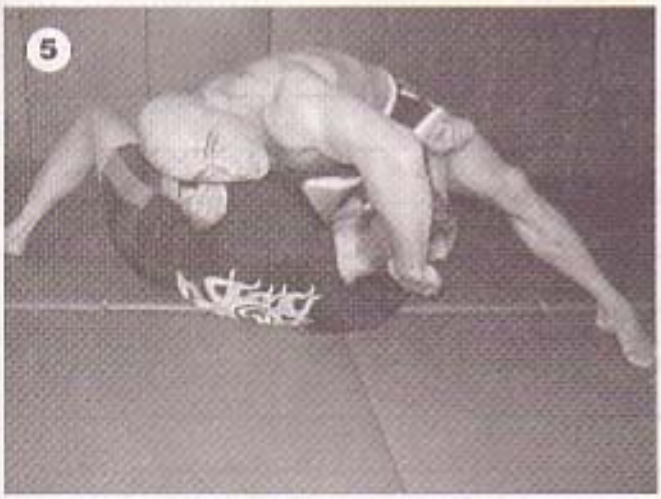
Crucifix Neck Crank: Start in this side control position.

Grab his left triceps and lean your right elbow on his belly.



My knee stays tight to his ribs.

He will think you want to arm bar so he will try to hold your leg.



Now slide your left hand behind his neck.

Bring your left arm all the way around.

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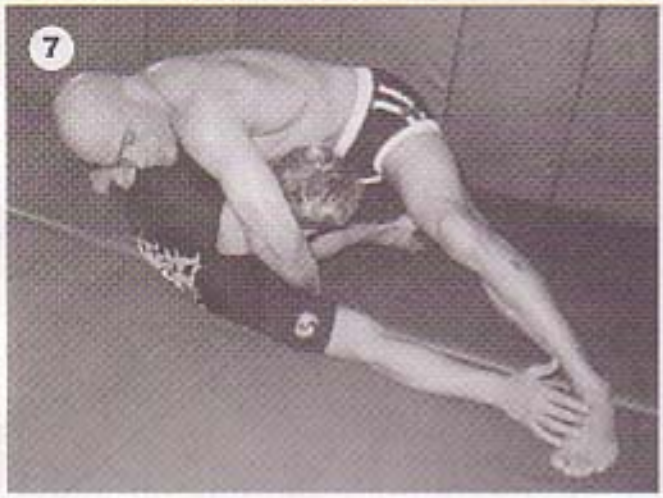


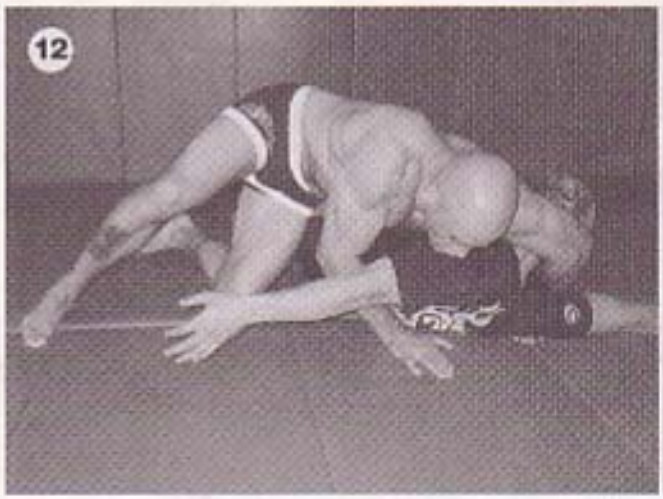
Place your left hand flat on the floor.

Like this, under his right armpit.

Post your right hand out on the floor.

Now jump over to the right side.
Don't jump too high.

Keep control of his head when jumping.



Slide your left leg forward.

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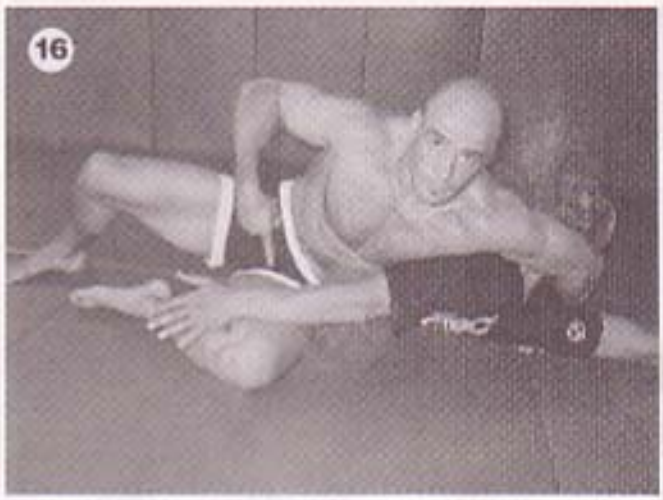
Keep your right foot back and left leg forward.

Keep his upper body low to the ground and lean backwards.

Neck crank until he submits.



Note! If you don't stretch your left leg out, he can escape.

If he bridges, you will lose control and he can pull away.

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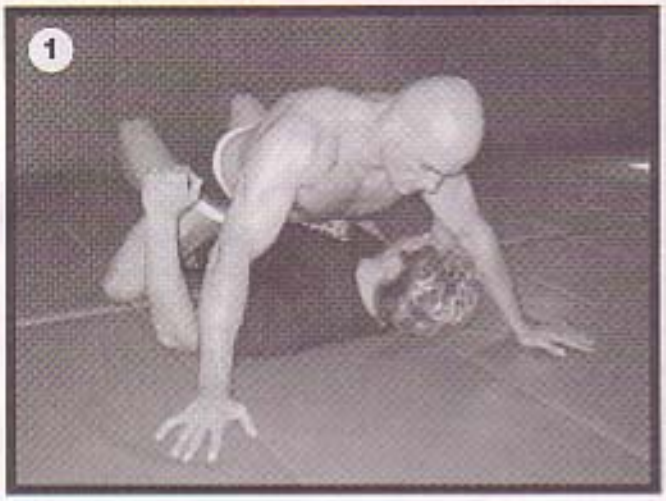
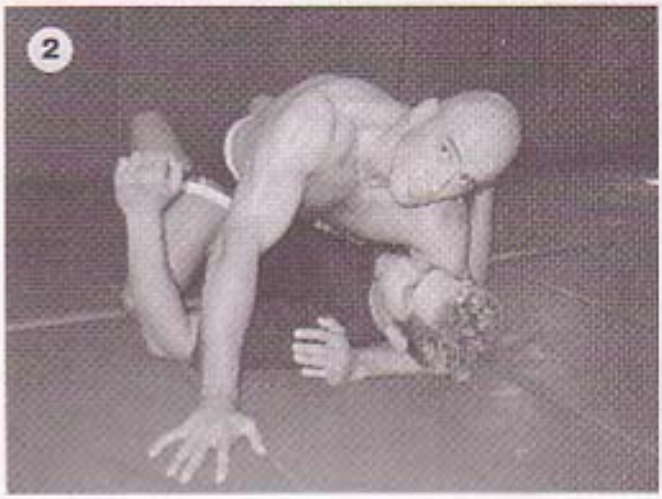
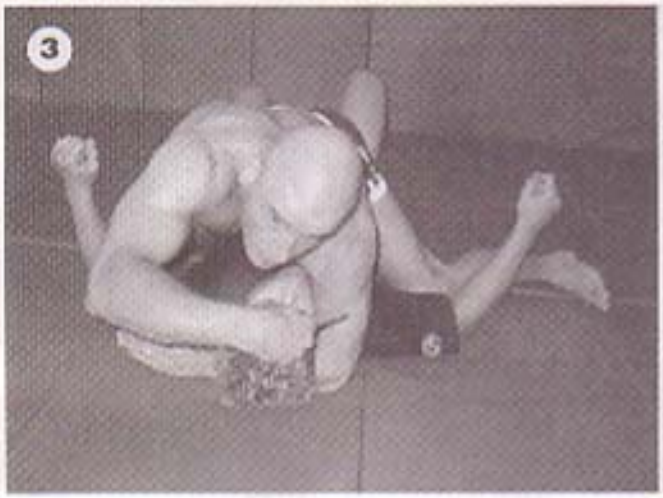


Choke: Begin in the mount with your hands on the floor.



Put your left arm under his neck.



Post your left leg out to the side so he can't roll you over.

Slide your right hand underneath his armpit.

Now make a fist.

Push your right fist into the side of his neck.

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Grab your right wrist and squeeze, cutting off the blood to his head.

Keep pushing your fist into his neck and he will tap or pass out.

Now same technique without his left arm in.

Again push your fist on the side of his neck.

Grab your right wrist to finish the submission.

Here you see my left biceps pushes against his neck.

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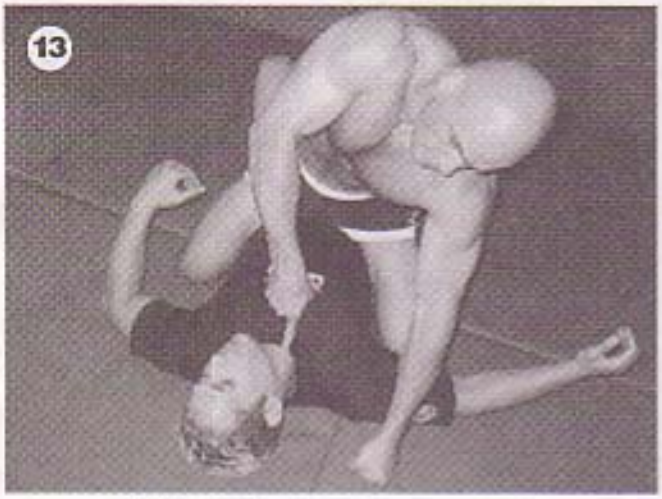
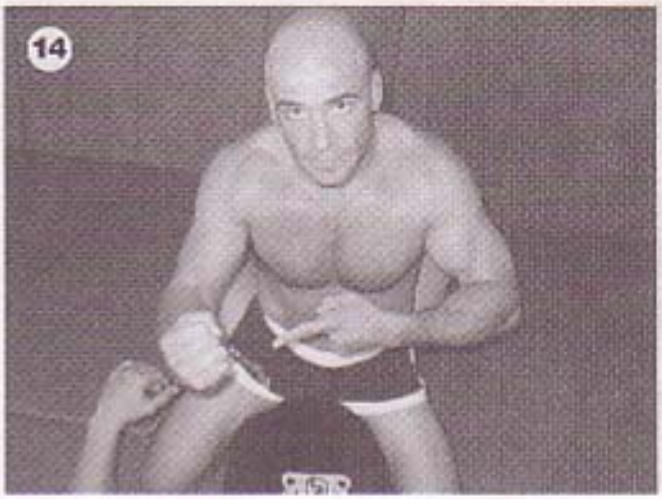
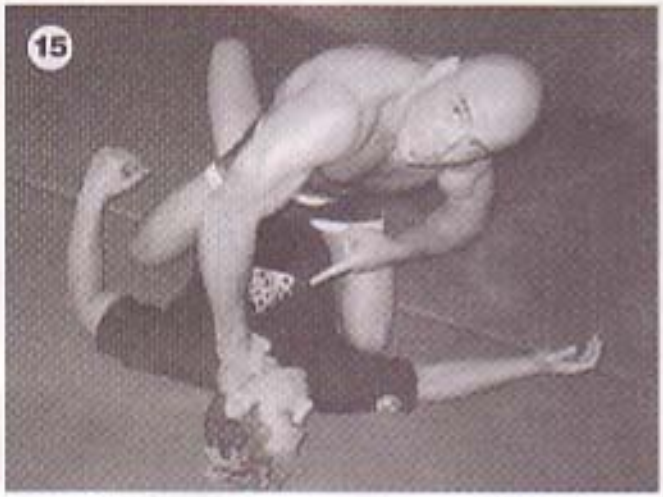


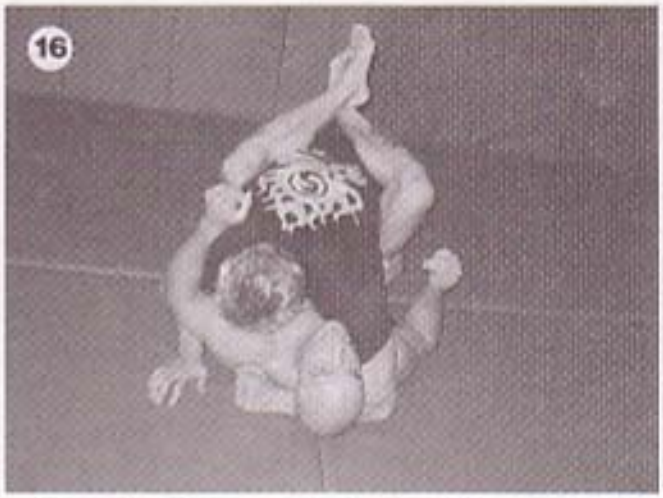
This is the target you want to push your biceps on.



The target for your fist is the vein on the left side of his neck.



Right here is where you want to be.



Choke: You can do the last two choke techniques from your guard.

Grab his head, having your left biceps against his neck.

Simply grab your wrist, push your fist into his neck, and squeeze to finish.

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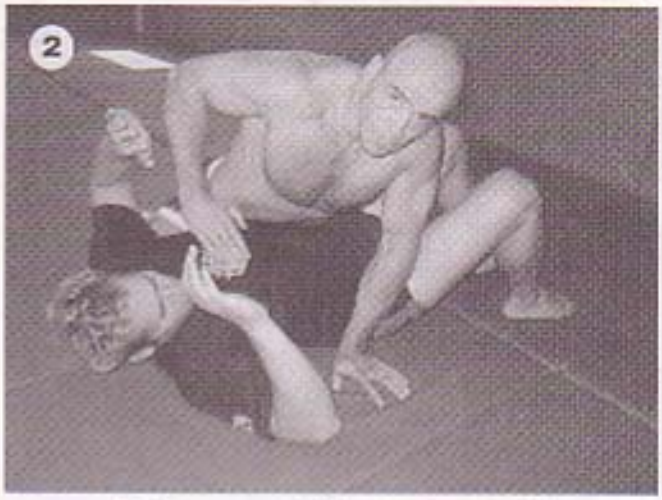
Choke: This choke starts from the side mount position.



Bring your right arm forward.

Tuck your right arm tight into his body for control.

Grab his foot with your left hand to fake a foot lock.

Maybe he will bring his right arm up, otherwise wait for the right moment.

Sweep your right arm over his raised right arm.

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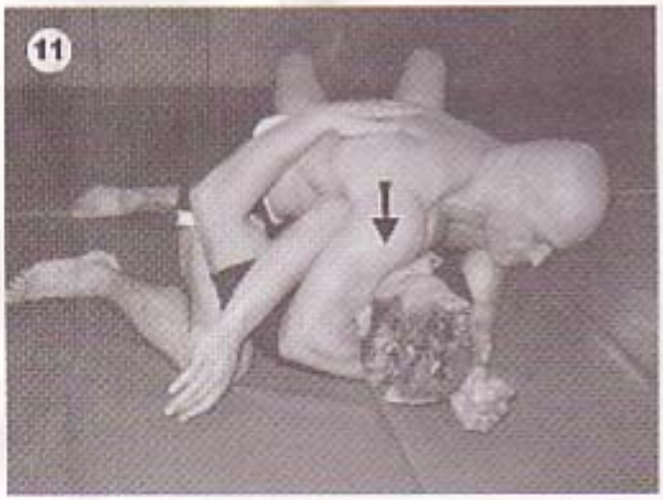
Keep bringing your right arm back and wrap it around his neck.

Grab your left arm with your right hand.

Use your body weight to push him down.

Now grab your left biceps with your right hand.



Keep pushing down and squeeze to finish.

Note: If you give him some space here...

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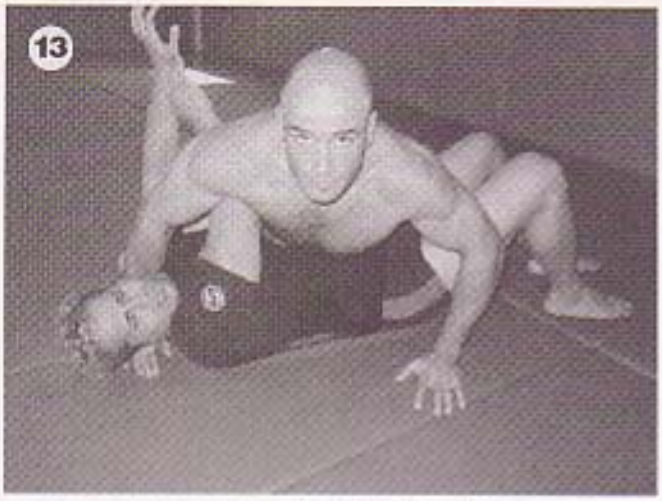
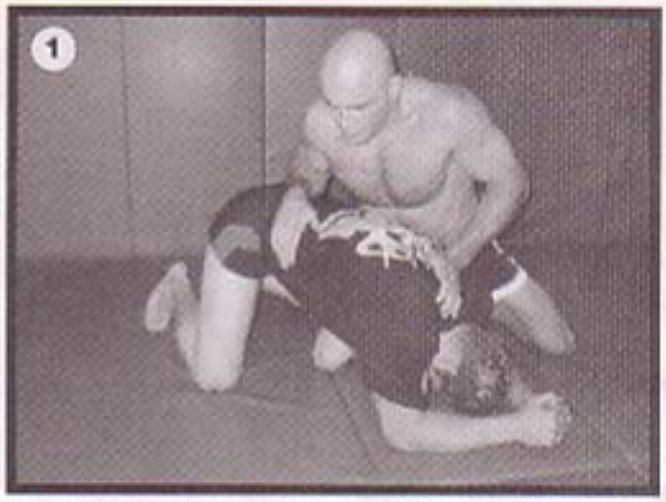


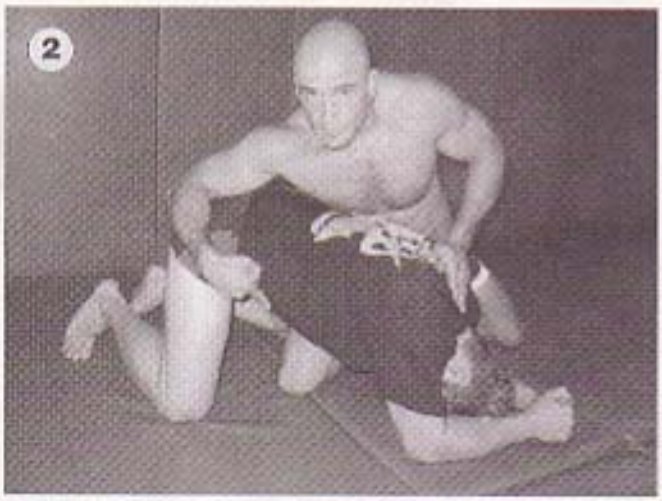
...and you don't stay down on top of him like this...

...the space here will allow him to defend against your attack.

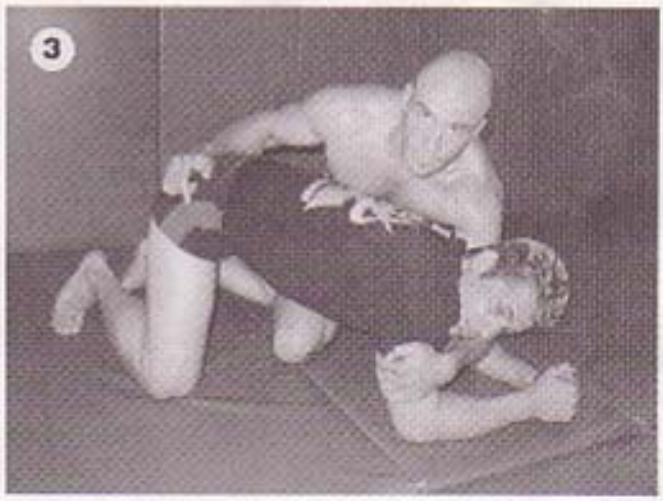
Now he can get his leg in and stop your submission.



Choke: Your opponent is on all fours and you have his back.



Keep your right knee all the way in.



Cross face him with your left arm and grab his right triceps.

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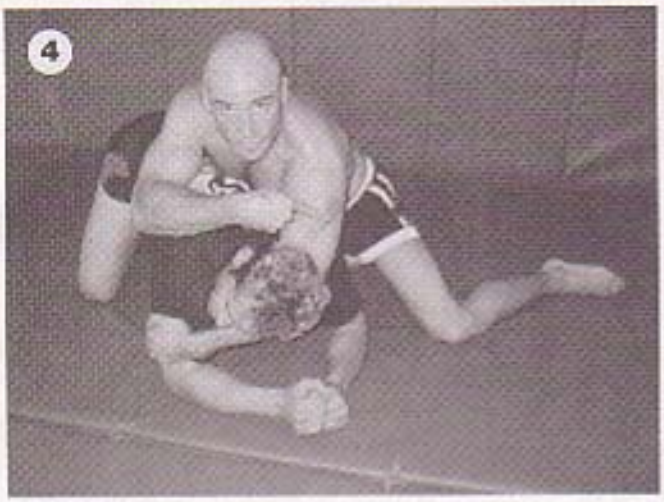
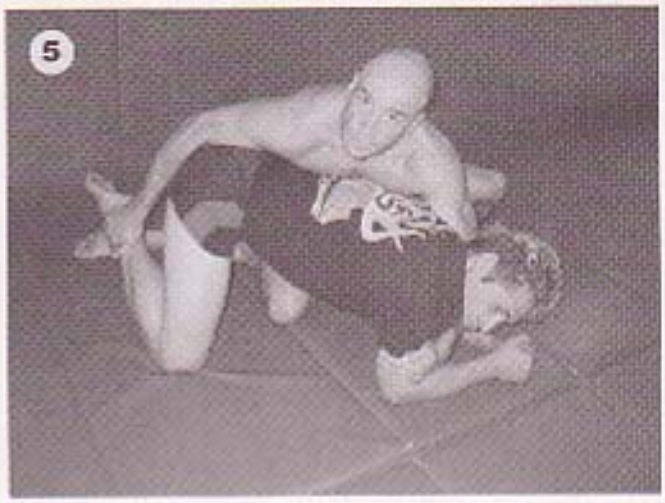
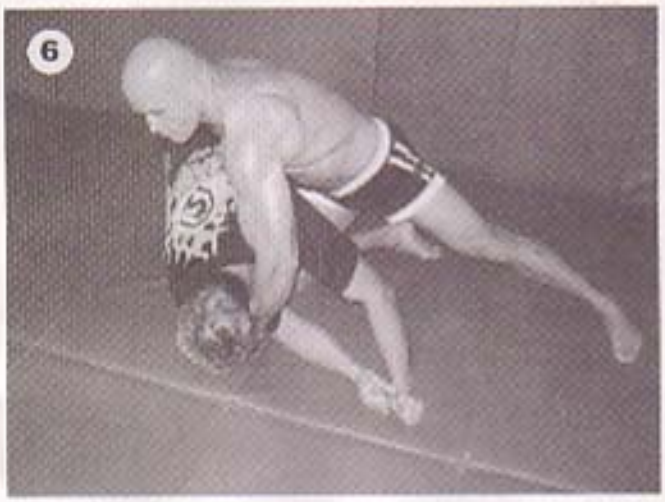


Your foot should not be out there, keep it tucked in.



Grab his left ankle with your right hand.



Now straighten your legs and push him over.

See how I push with my knee and pull up on his right triceps to turn him.

Get him all the way on his back.

Lift his head up with your right hand.

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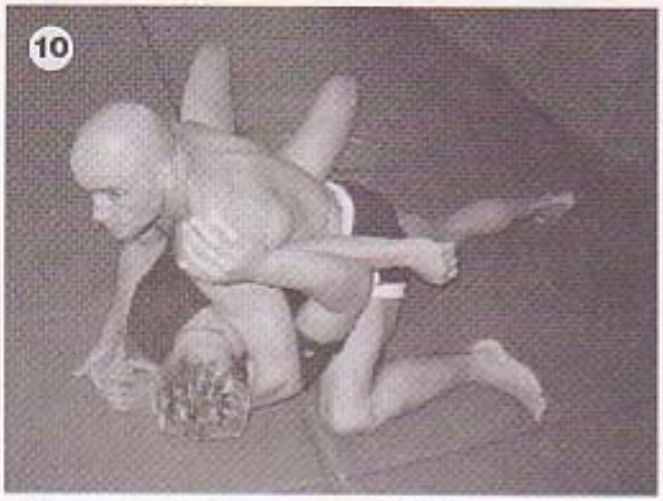
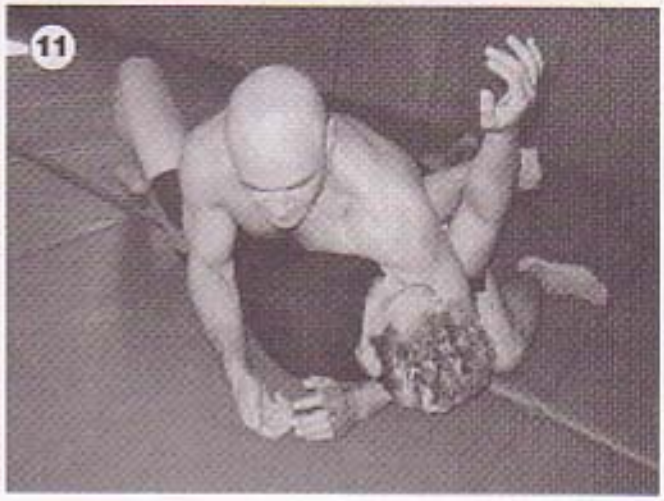


Slide your left arm around his neck while putting pressure on him with your belly.



Bring your hands together.

Grip your hands tight.

Clasp your hands together like this and squeeze downwards.

Or finish by grabbing your right biceps and squeezing tight.

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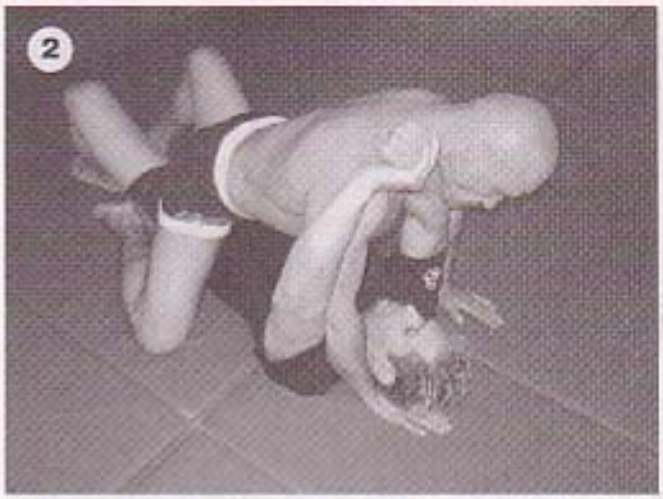
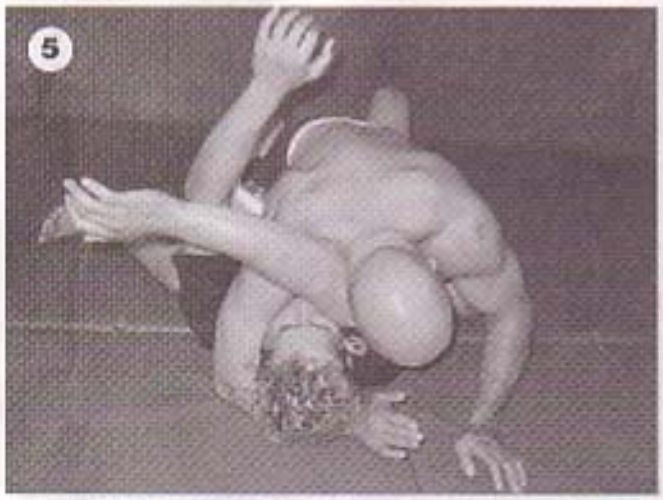
Side Choke: You are in the mount and he tries to push you off.



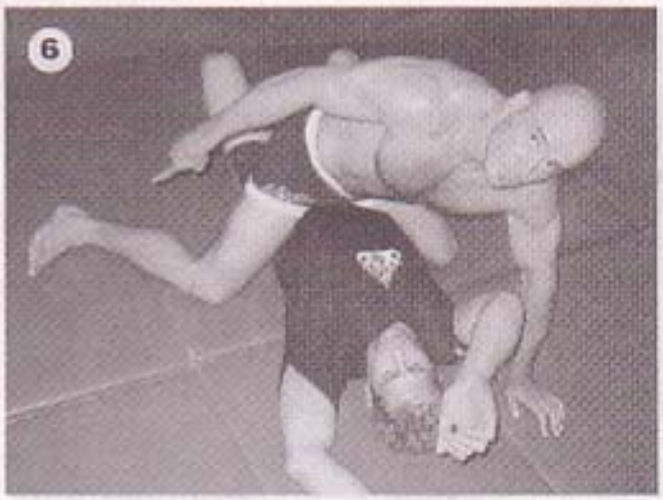
Lean with your neck on his right arm.

Raise your left hand to push his right arm to the left.

Push all the way over.



Slide your head down his right arm until it pushing into his triceps.



Post your right foot out or he will roll you to the side.

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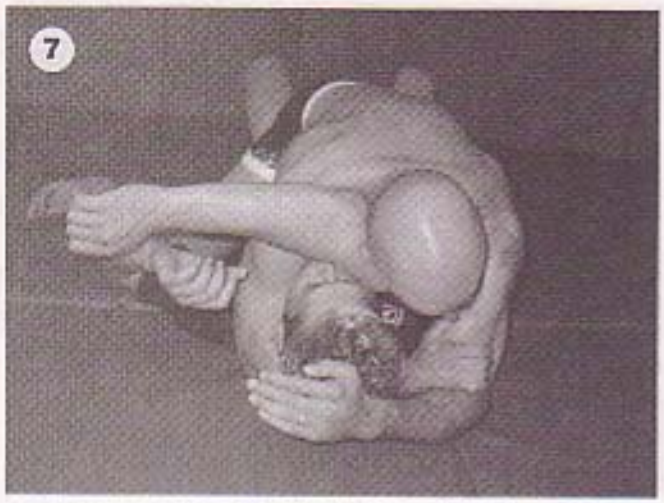
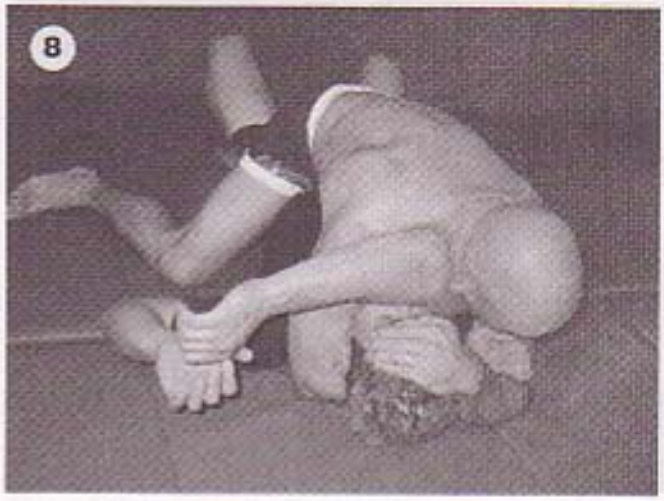


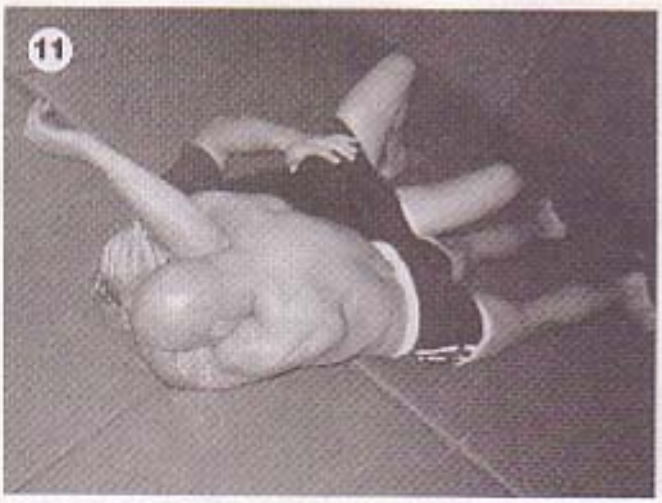
Grab your left biceps. If he tries to roll you to the right, put your left arm out.



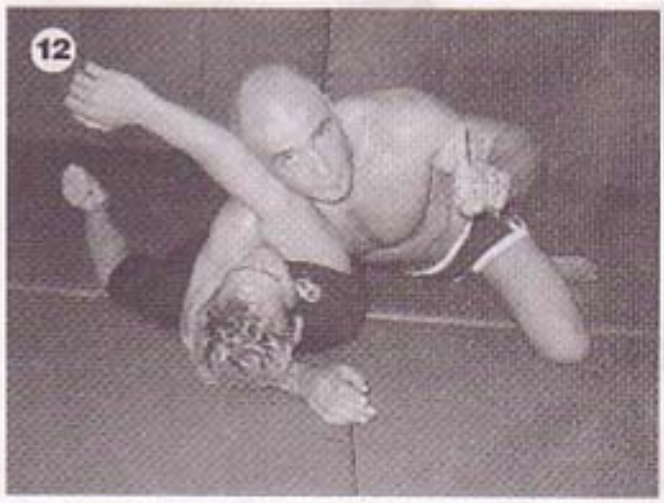
Pull your right arm in and push his forehead down with your left hand.

From here bring your legs over...

...to the right side of his body.



With your legs on his right side, squeeze to finish the choke.



If the choke is not tight enough...

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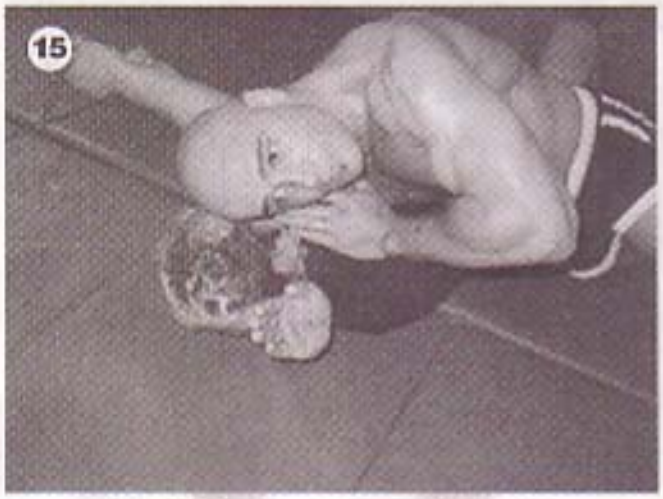
...Roll him on his side.

When rolling him, keep your head on his right arm.



Push his shoulder to the right with your left hand.

Grab your left biceps.

Now drop your weight down.

Keep squeezing to finish the submission.

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Important Point: If you leave...

...too much space to choke here...

...he can pull his arm out.

You can close the distance by using your jaw to push with.

Look at how it closes the space to make the choke work.

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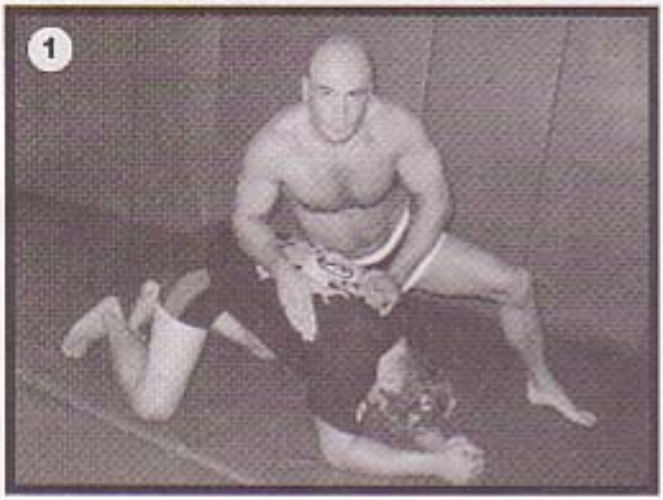
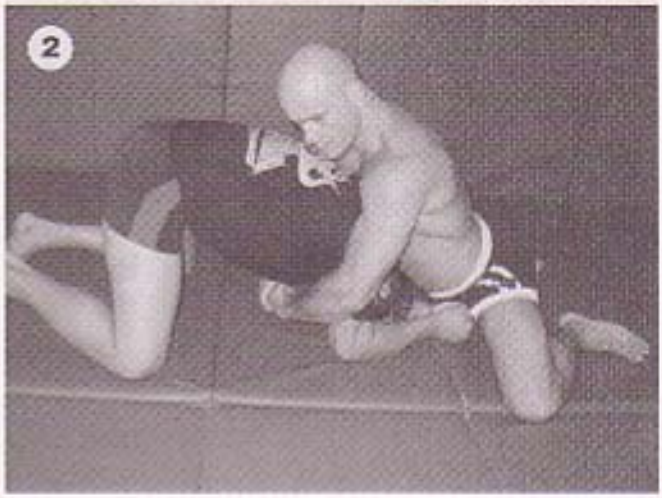
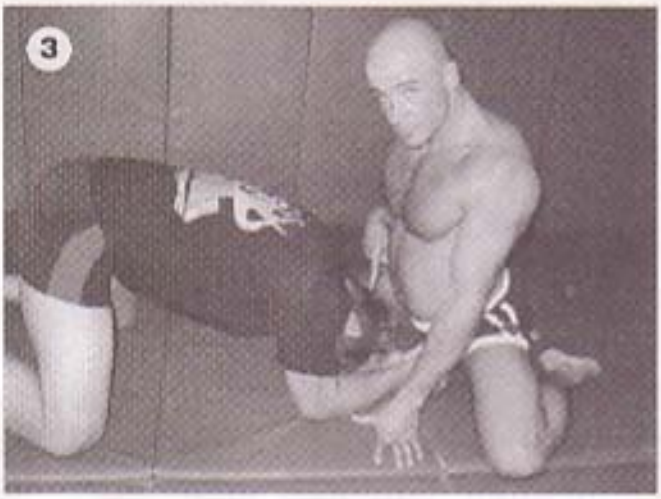


Neck Crank: Your opponent is on all fours and you have his back.

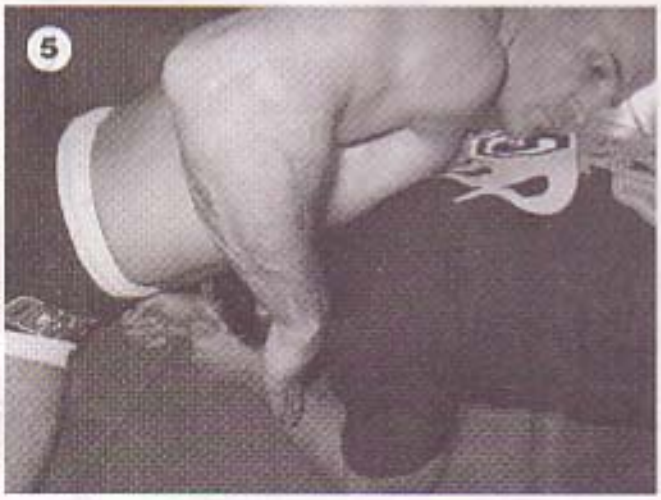


Move to the front, grabbing him around the body with both arms.

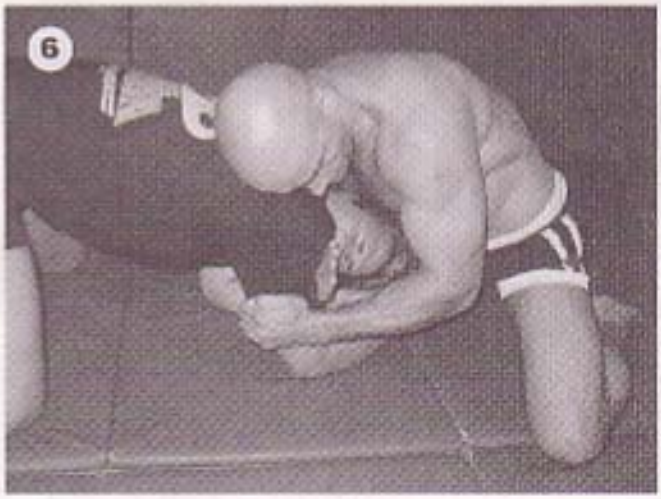


When grabbing, press his head down with your belly.

Slide your right hand underneath his head.



Work your hand in like this.



Cross face him with your right hand.

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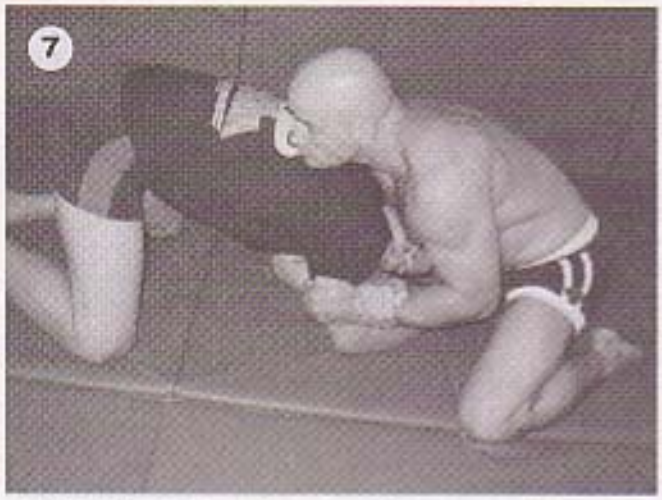
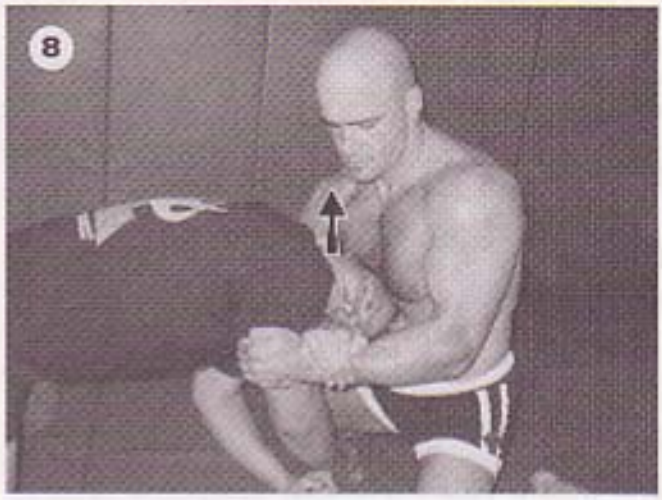
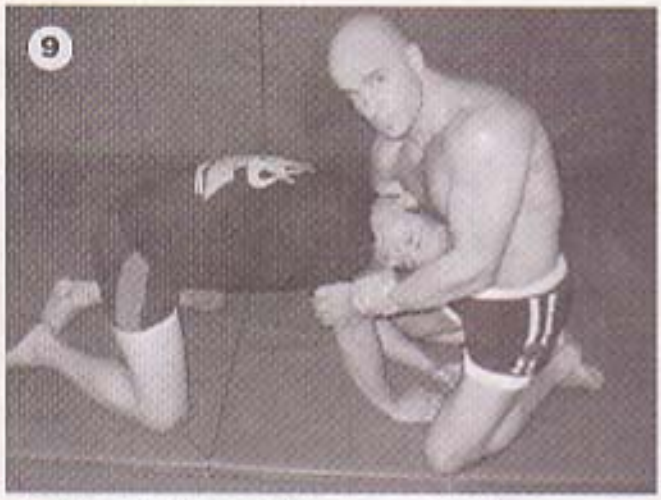


Hold his right triceps with your left hand, grab your left wrist with your right hand.



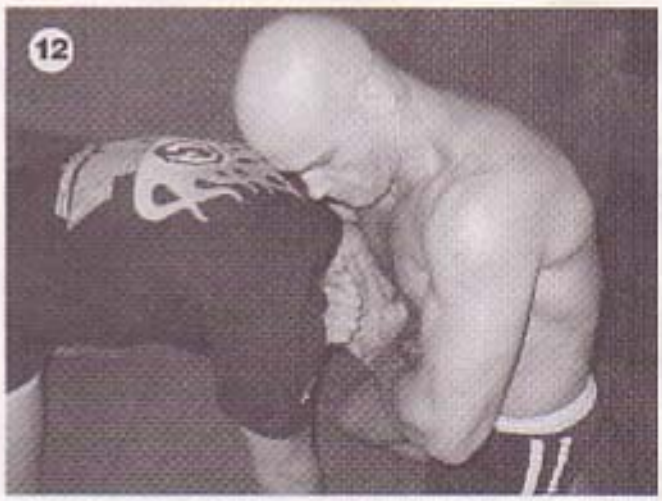
Lift his head up and crank it against your chest for the submission.



From this position you can do more.

With the right side of his face open, strike him.

Hit under his cheekbone so his head comes up.



There will be a space available for a choke.

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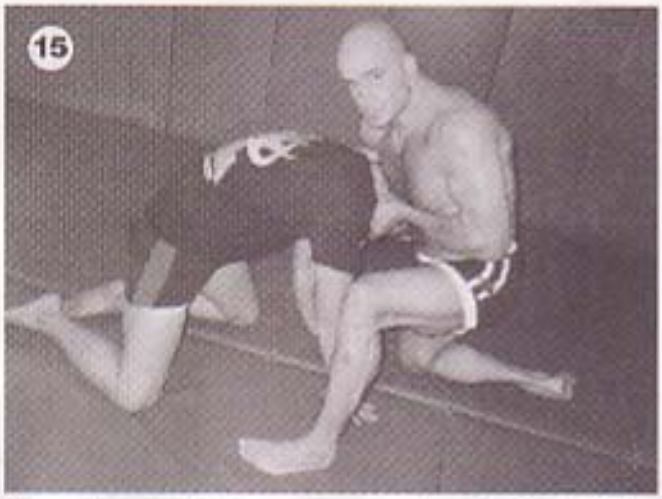
Put your right arm in under his throat and you have a front choke.

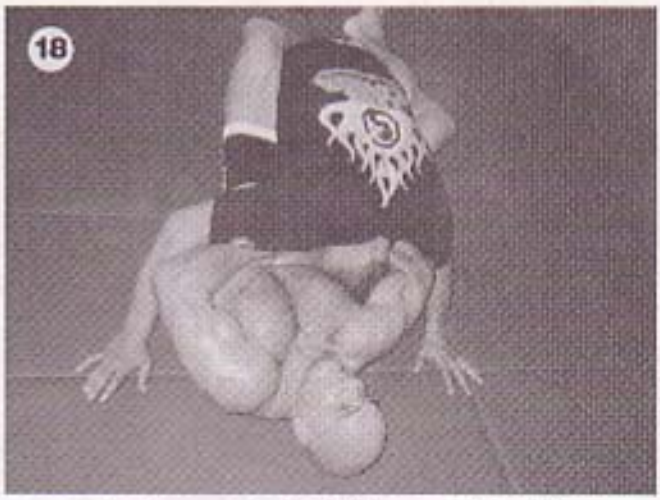
The choke looks like this from the bottom.



Keep in mind if you have a front choke like this he can escape by standing up.

If he tries to escape, fall back, squeezing his neck tight.

Wrap your legs around his hips for control.



Hook your feet, bridge and finish. He can't escape anymore.

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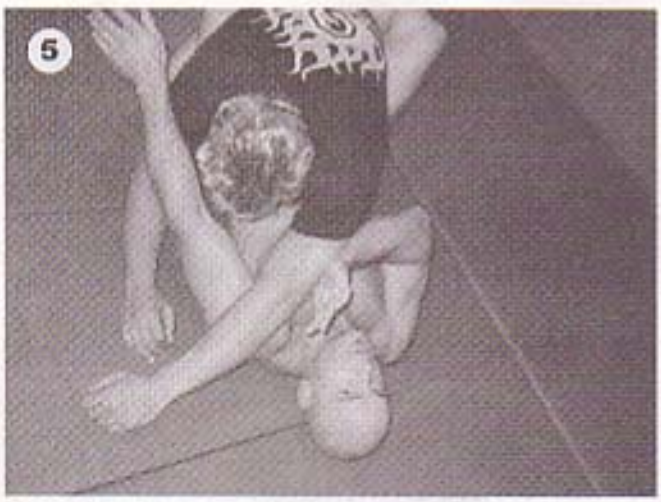
Choke: He is in your guard and you want him to push your neck.

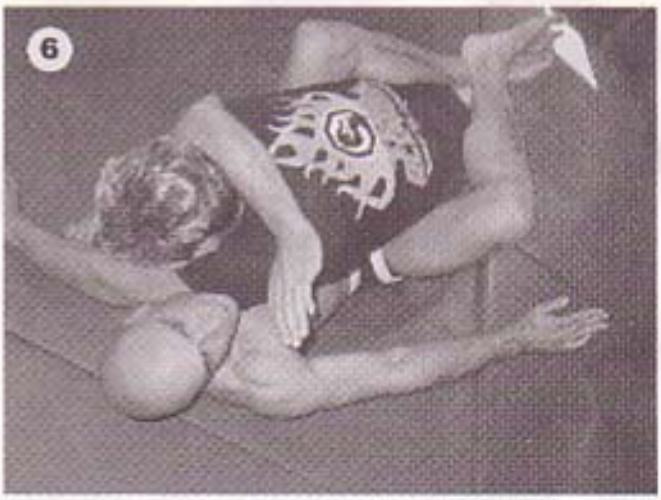
The best way is to lie back, exposing your neck and your opponent will go for it.

He takes the bait and places his left arm on your throat.

Push his left arm to the right with your right hand.



Push on his left triceps.



Go for the same side choke as before.

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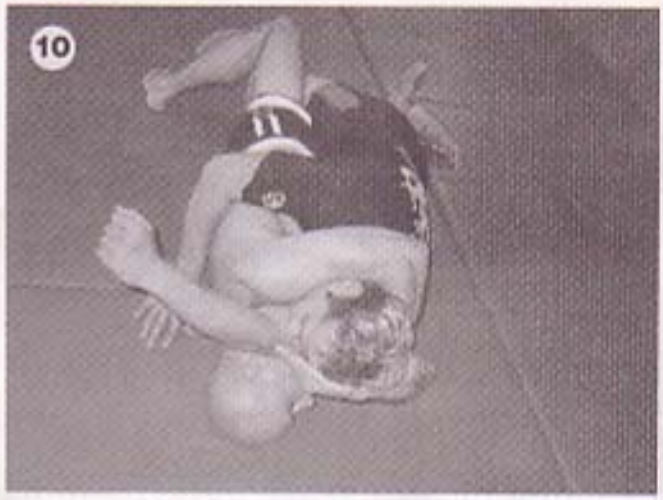
Grab your right biceps and squeeze.

Stretch your right leg, swing it to the right first and then to the left.

Bridge at the same time with your left leg and roll right.



Roll him over on his back.

Finish with the choke.

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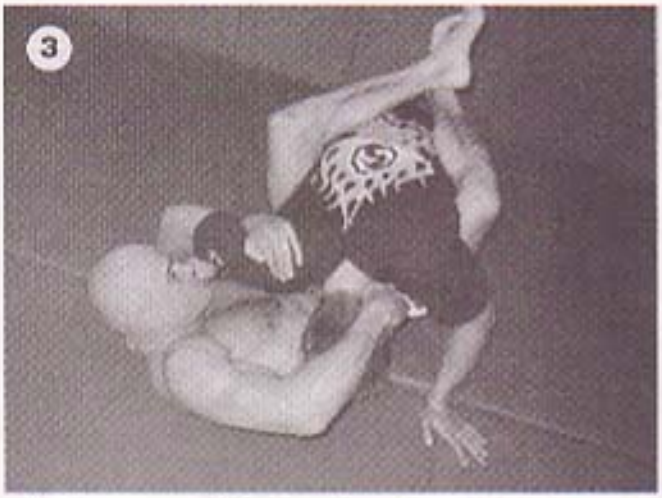
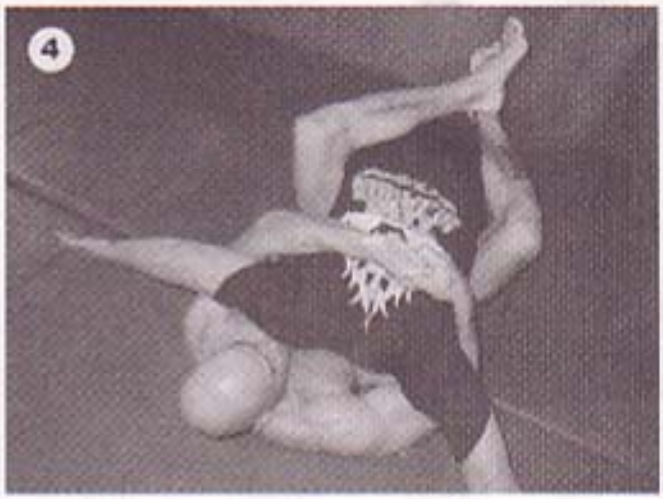
Neck Crank:
He is in my guard position.

Under hook his right arm with your left arm, pushing him to the right.



Bring your right hand under his left arm.



Link your hands together, keeping his head tucked under your right arm.

Open your guard and move your legs down low, around his butt.

Now close your guard, squeezing your legs tightly and pushing him forward to finish.

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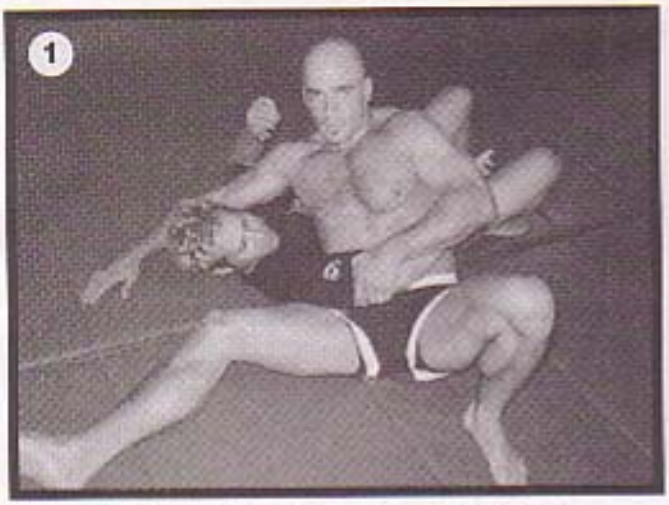
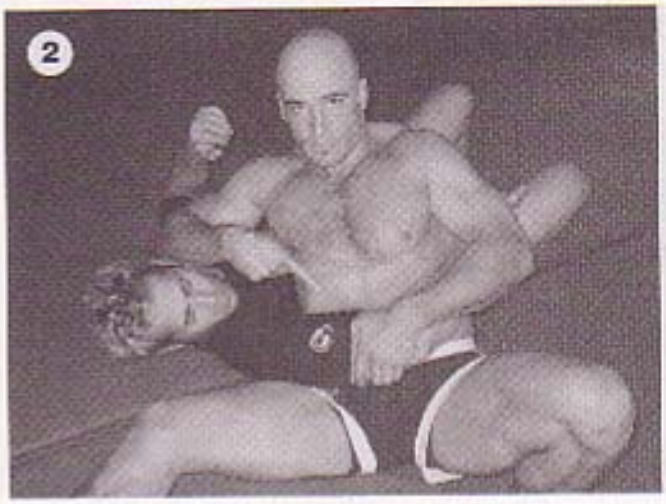
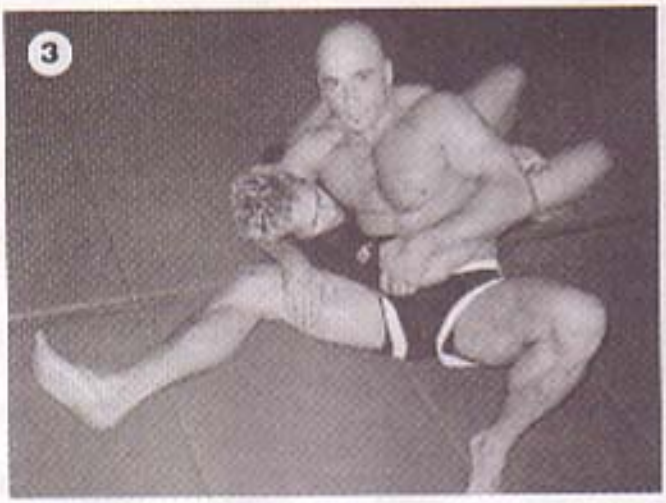


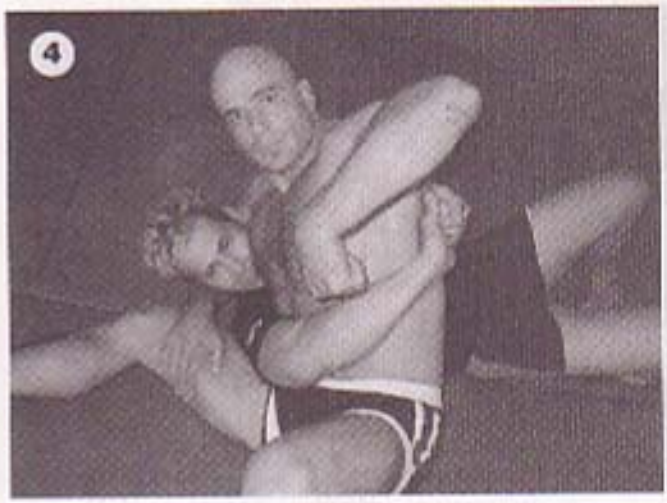
Rutten Neck Crank: This is a Rutten original. We start in the scarf hold.



Begin by holding his right triceps with your left hand.



Also hold the back of your right knee with your right hand.



Now if you don't grab his triceps and he hooks his hands together...

...he can roll you over on your back.

You must avoid this.

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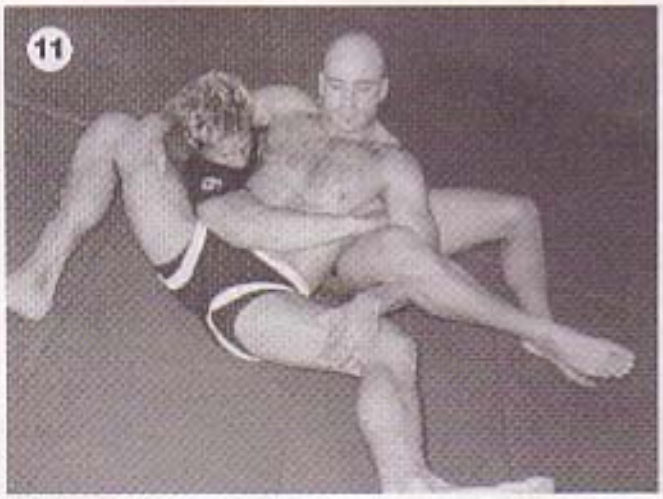
To prevent this from happening...

...simply post your right hand back and keep hold of his right triceps.

Grab the back of your right knee again.

Now go under his right leg with your left arm.



Grab the back of your left knee with your left hand.

Squeeze his head and leg inward, until he cannot breath.

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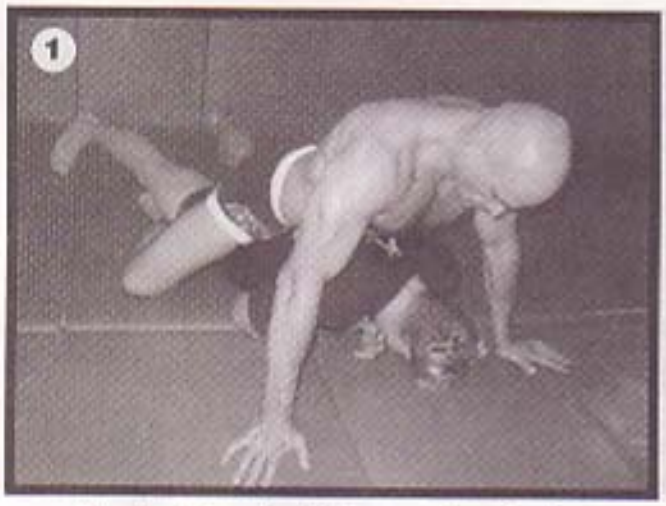
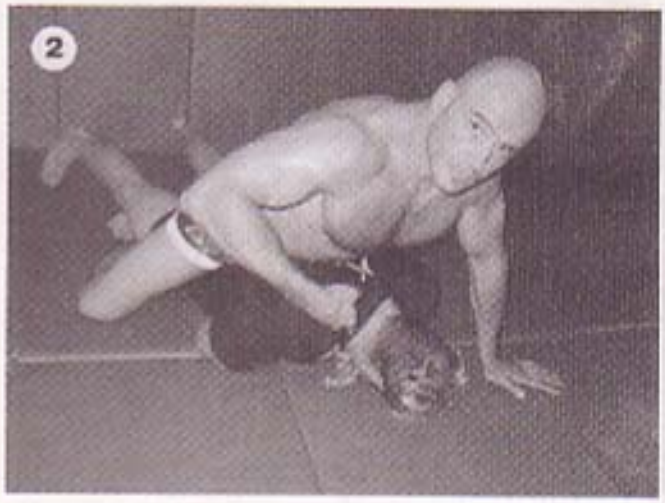


Neck Crank: With your hooks in, stretch him out by pushing your hips down.



He is defending his throat against a choke.

Cross face him with your left hand.

Slide your left hand under his left cheek.

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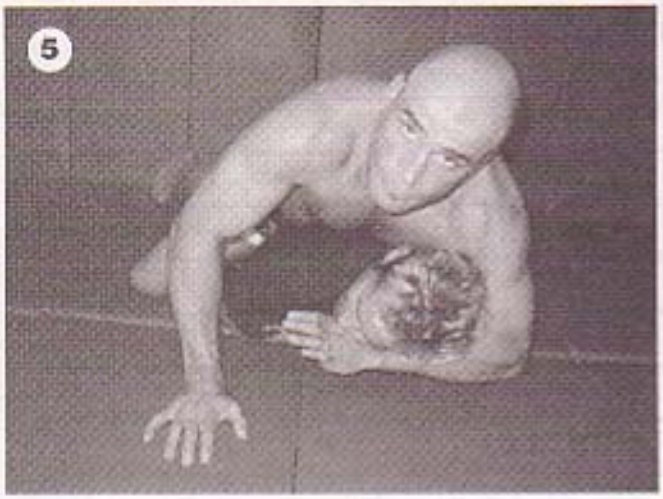
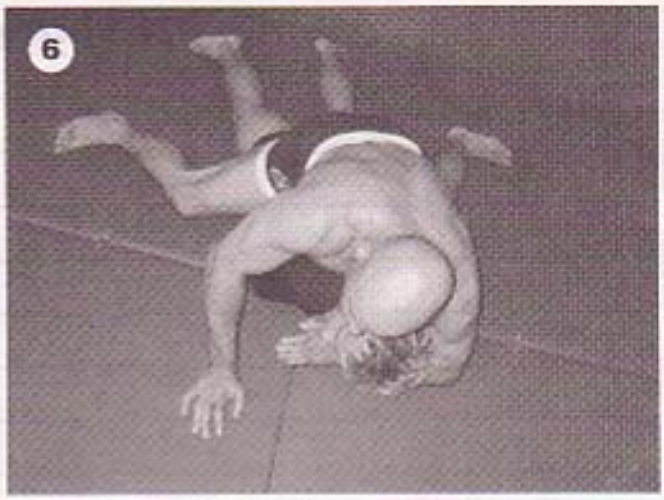


Cross face like this.



Move fast, take your hooks out and move to the right.

Keep control of his head as you jump over.

Bring your left leg forward and right leg back.

Crank his neck by pulling his head up and twisting it.

Lean high on his back and you see all my weight is on him.

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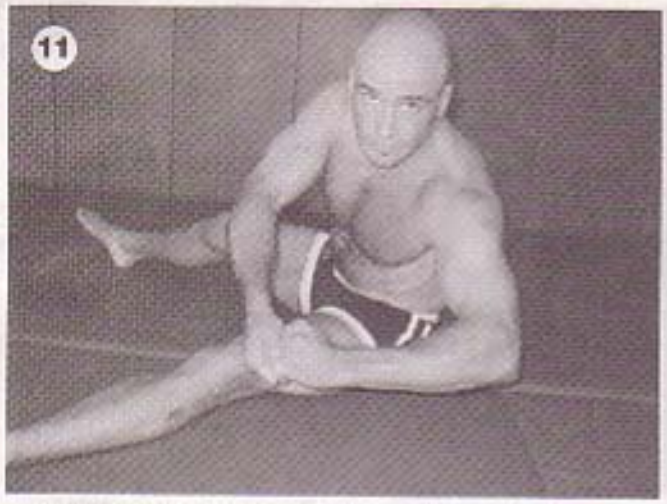
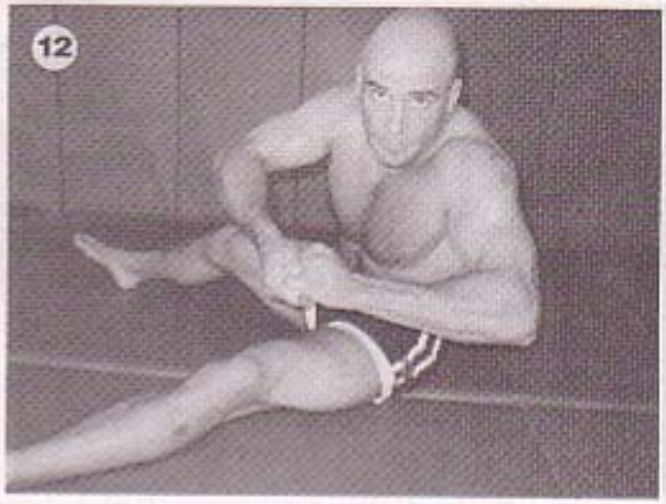
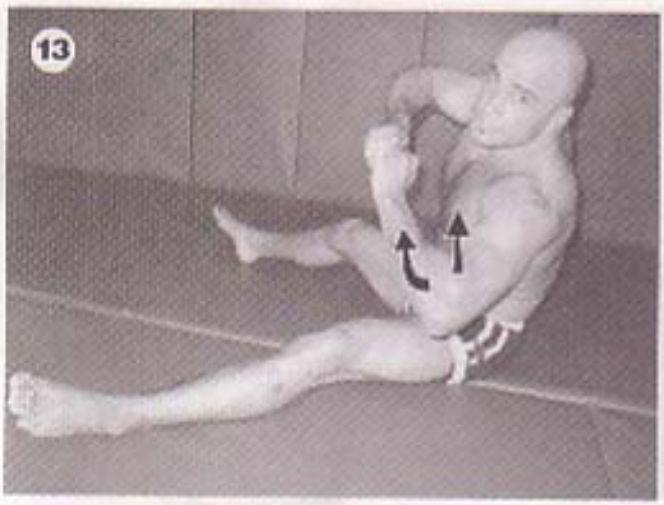


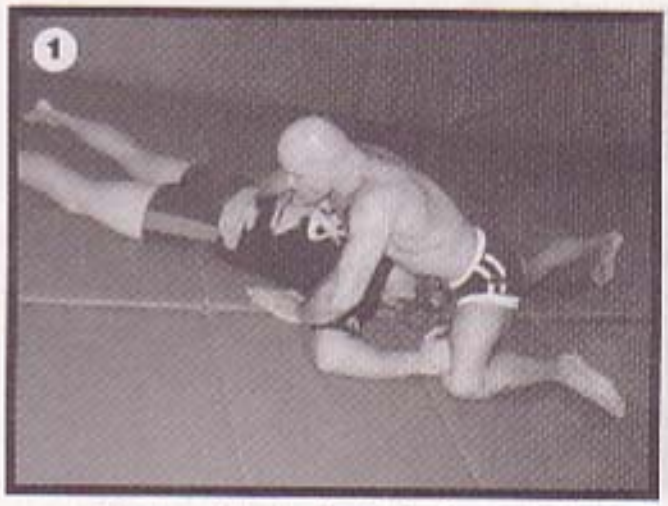
Here I show the neck crank technique.



Pull your right shoulder back.



Twisting your body to the right like this and pull up to finish.



Choke: He is stretched out and you control him in this position.

Make sure you are pushing his head down with your belly.

Tighten your left hand, like this, ready to slide in.

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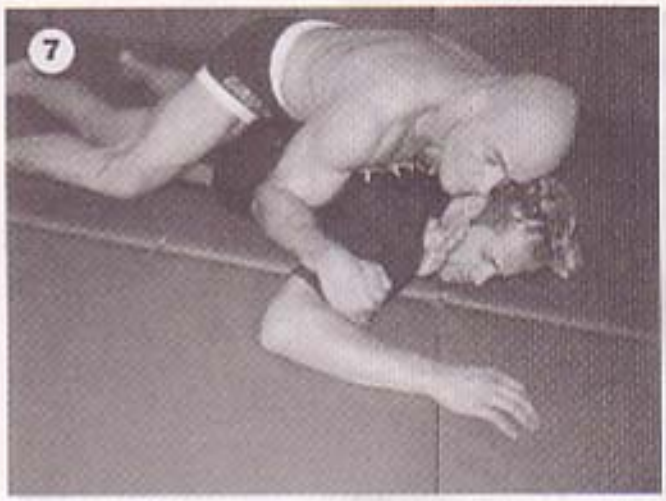
Now with your left hand slide around to the inside of his head.

The technique should look like this.

Grab his right biceps, pull yourself to the right, keeping your left hand where it is.



Climb on his back, slide your left arm under his throat to grab your right biceps.

Squeeze tight for the submission.

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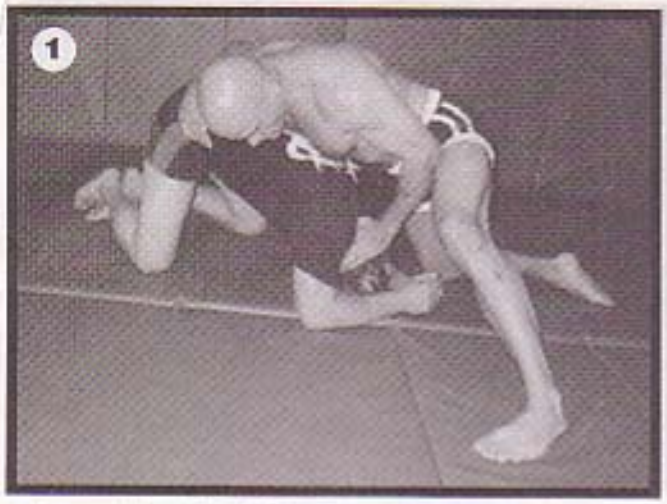
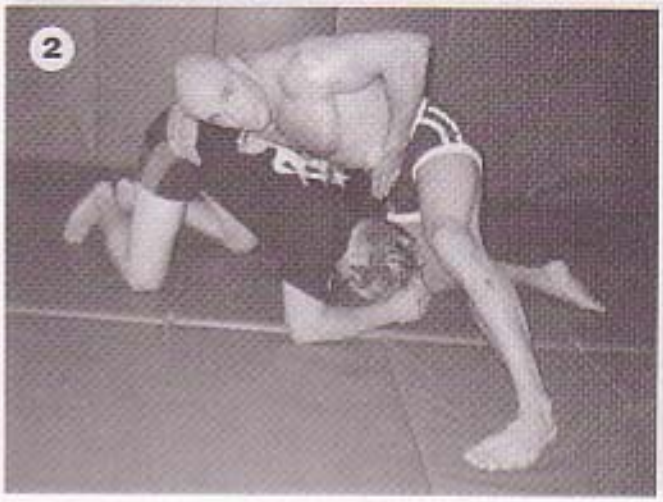


Important Point: Now the same choke, when he is up on all fours.

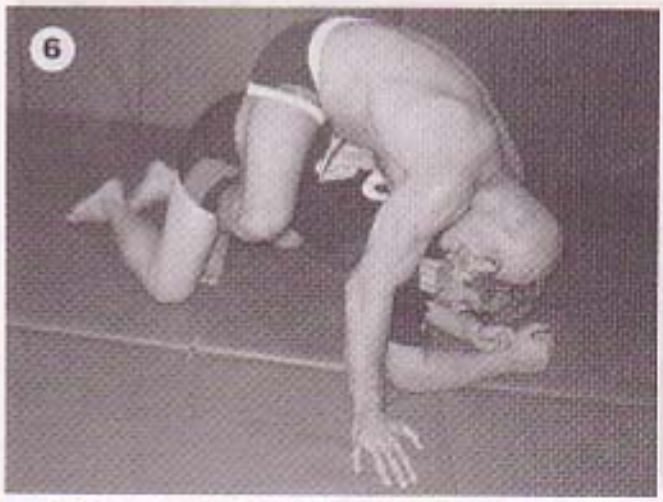


Again slide your left hand inside his neck.

Go under his jaw like this.

Now pull on his right hip with your right hand.

Turn to the right, pull your self on top while sliding in the choke.



Put your heel hooks in under his legs as fast as you can.

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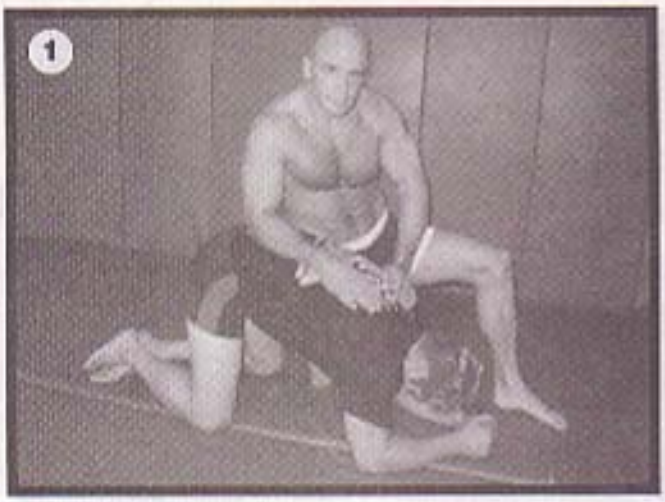
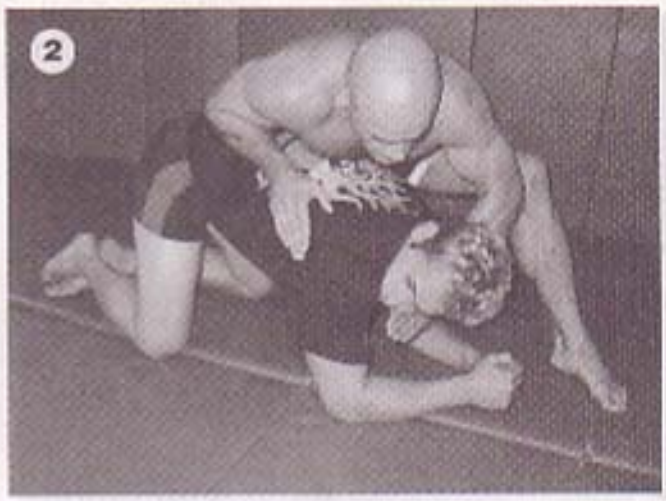
Grab your right biceps and push his head down with your right hand.

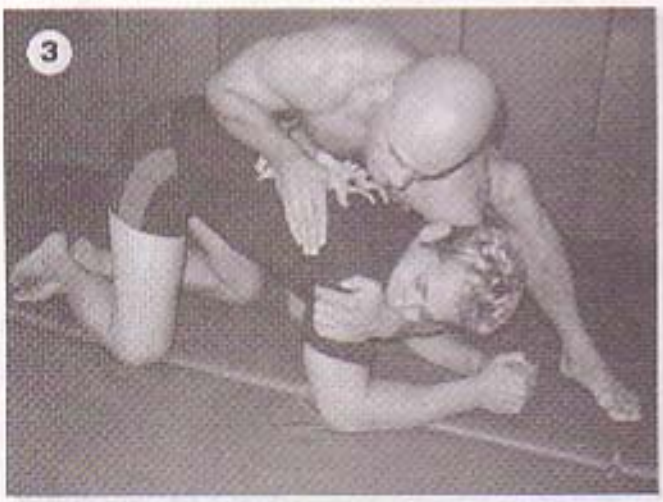
To finish, squeeze tight until he taps or passes out.



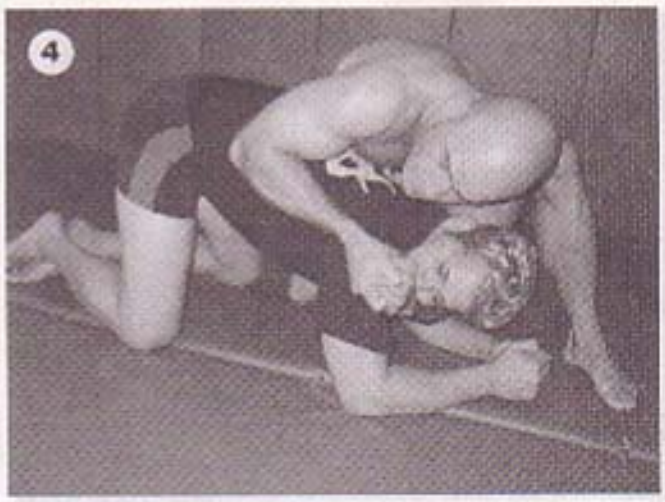
Neck Crank: Again he is on all fours and you have his back.



Cross face him with your left arm.



Bring your hands together.



Grip your hands tight around his jaw.

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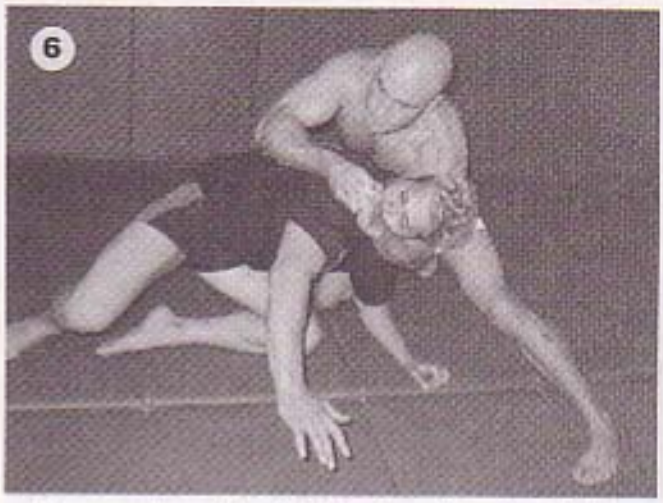
Step your left foot out, like this.



Now pull and twist his head to the right.

Take him down to the floor.

Pull him on his back, without your chest or abs touching him.

As you pull him back, lean your right shoulder forward.

Keep his head secured, like this, and push it forward.

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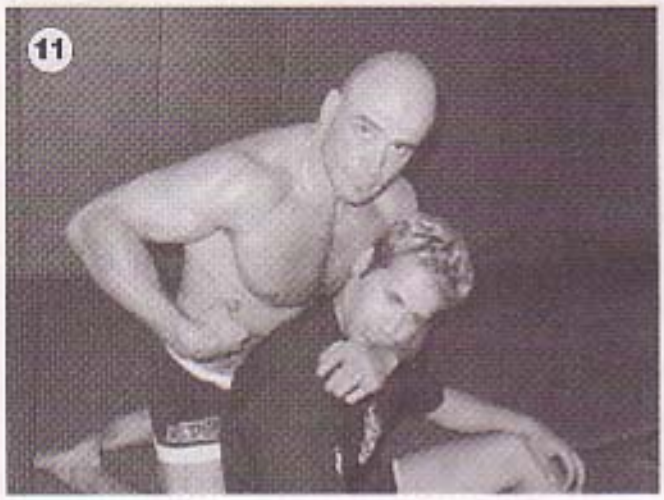
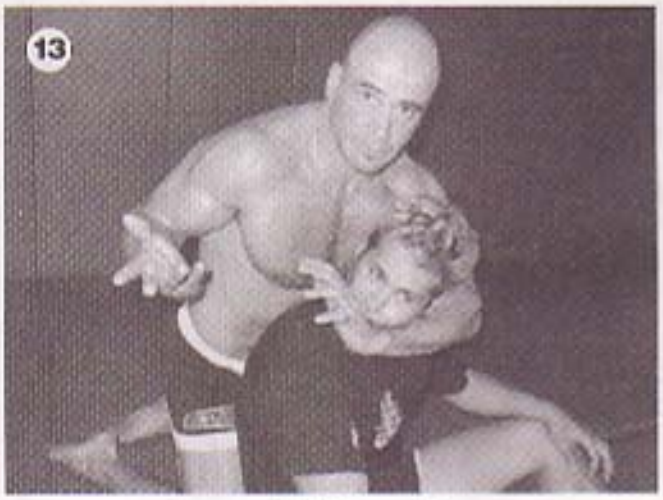


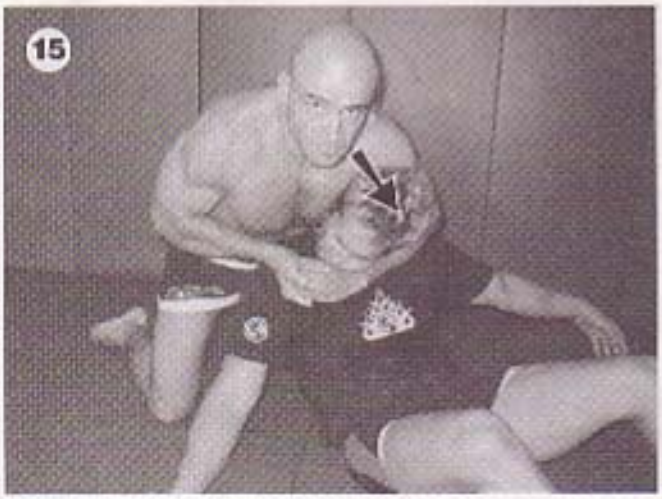
Important! If your body is touching his, this techniques won't work.

You need space to create leverage when cranking his head forward.



So avoid this position.

The technique should look like this.



To finish, pull your arms back as you bend his head forward.

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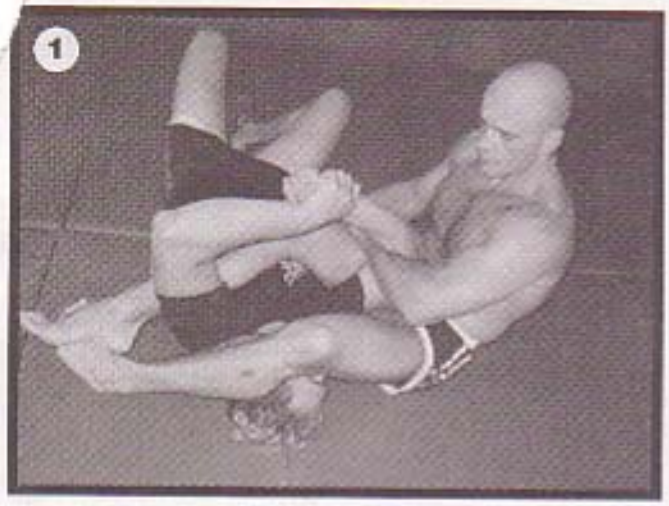
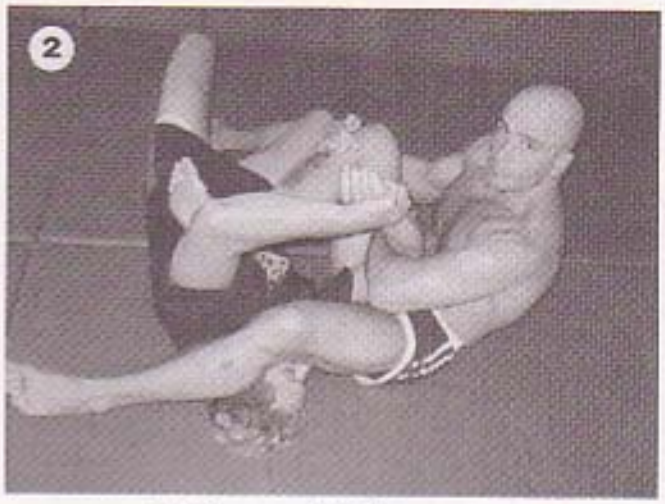
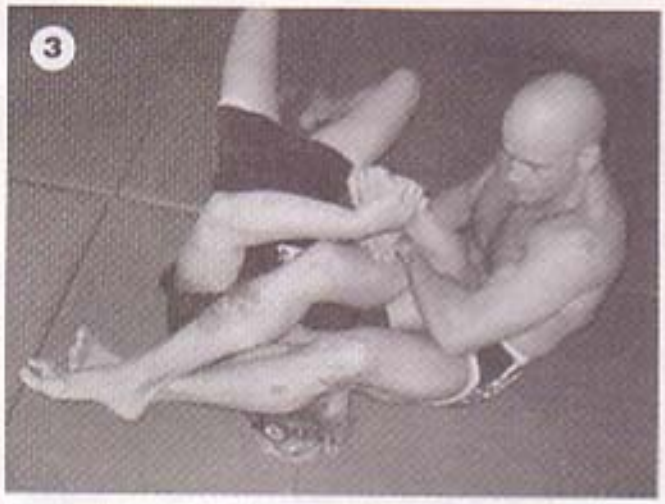


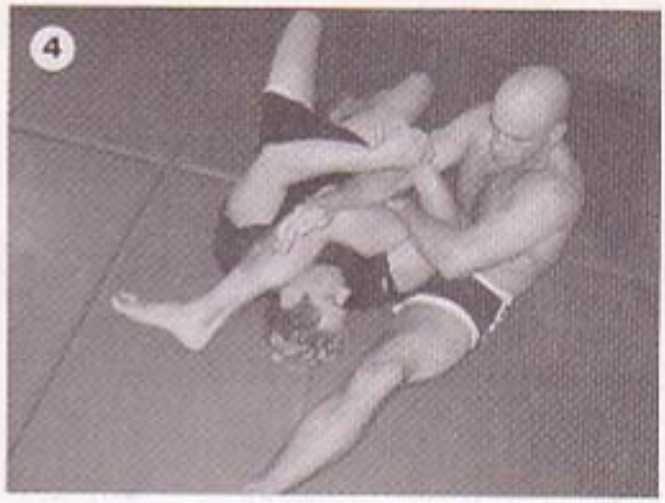
Triangle Choke: This is a set up for a triangle. We start in this position.



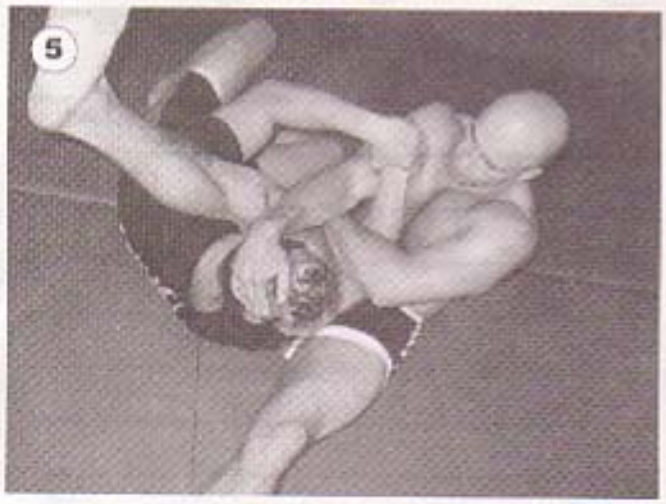
Pull your right knee up. Do it fast so he won't escape.



Slide your right foot in between his arms.



Now open your legs.



Grab his head with your right hand.

Pull him on you, keeping control of his head and arms.

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Wrap your right leg over his head.

Grab your right foot with your left hand, pulling it towards you.

Hook your left leg over your right foot.

Squeeze your legs tight...

...as you pull his head down for the choke.

Training Notes

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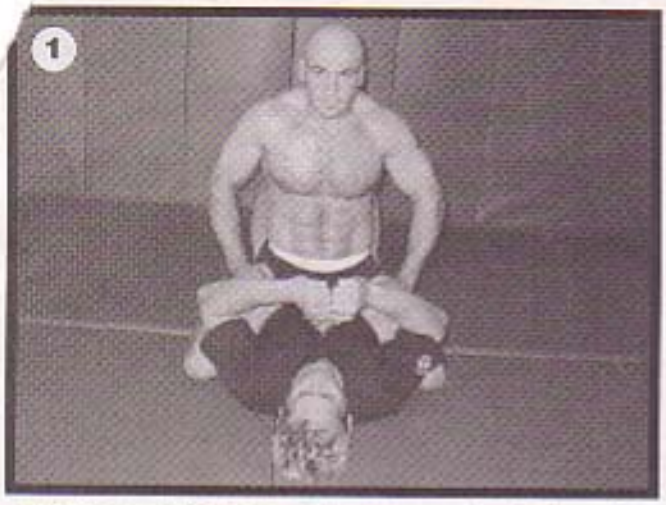
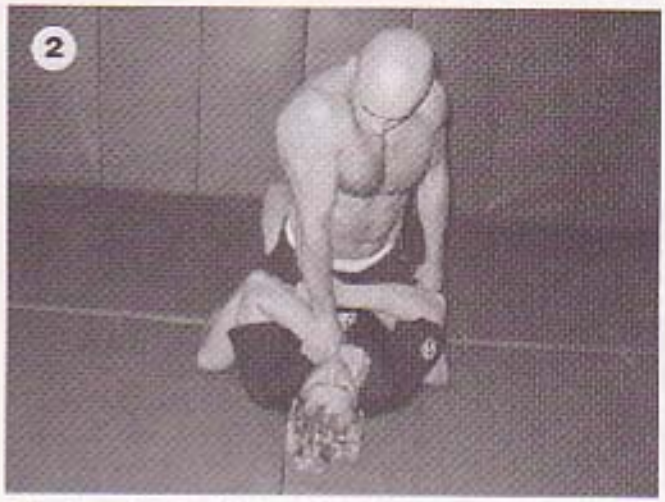
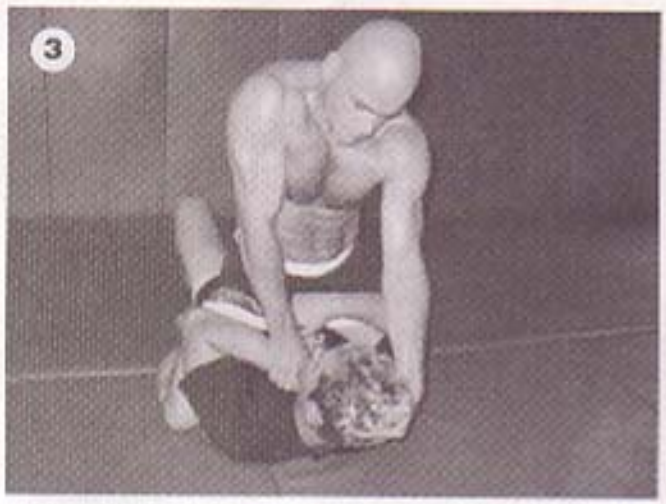


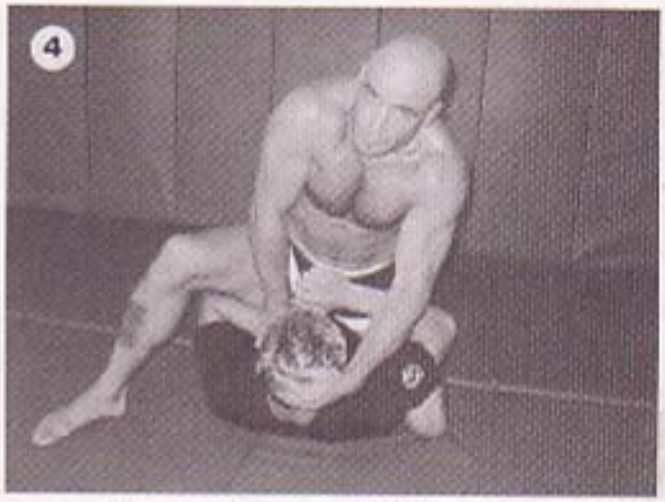
Triangle Choke: I'll demonstrate how to triangle choke from the mount position.



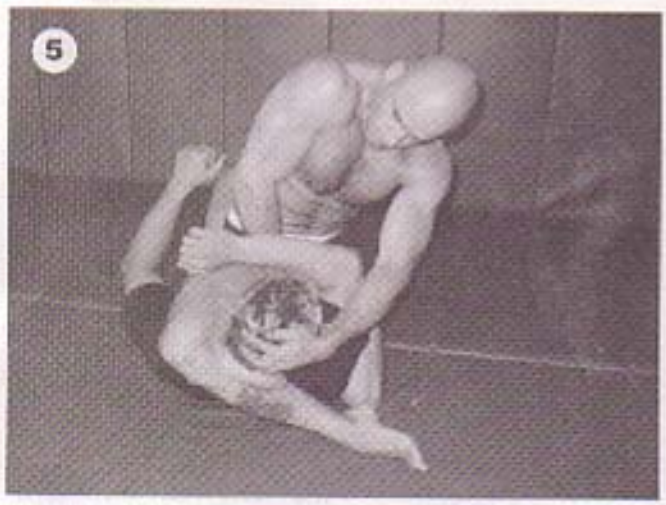
First grab his left wrist with your right hand and push it down.



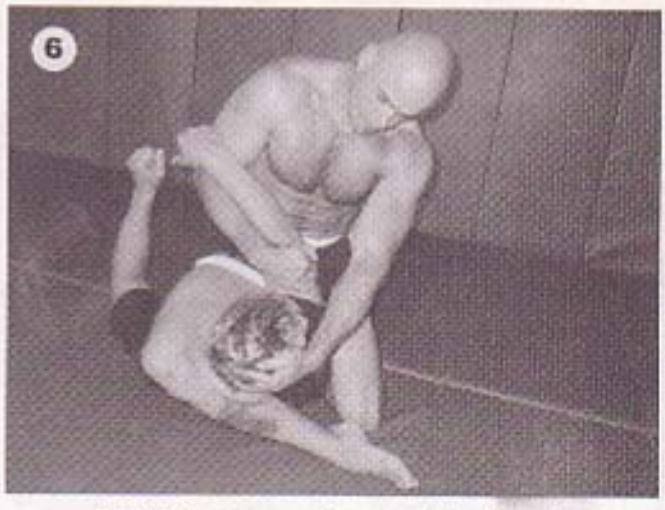
Now grab his head with your left hand.



Sit up, with your right foot out.



Bring your right leg under his head, keeping it tight.



Pull his arm so he can't roll out.

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Fall to the right side while grabbing your right foot with your left hand.

Keep rolling to your right side.

Turn over on your back.

Pull his head down and squeeze your legs tight to finish the submission.

Now if his elbow is here on the wrong side, do this...

Bridge your hips up high.

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Use your left hand to push his right arm to the other side...

...and bring your hips back. His arm is now trapped.

Grab the head with your right hand.

Now grab his head with both hands.

Pull the head down and finish.

Note! To close any space between your legs, simply do this...

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Turn your left knee to the right and the choke will tighten.

Training Notes

Triangle Choke:
He's in your guard, sitting up.

First grab his left wrist with your right hand.

Now grab his neck with your left hand, pushing your right hand into his throat.

Open your guard, bringing your right leg out.

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Put your right leg over his neck and grab his left triceps with your right hand.

Keep pulling his head down with your left hand.

Twist your hips right so your right leg is in the same line as his shoulders.

Grab your right foot with your left hand pulling it behind your left leg.

To finish, squeeze your legs as you pull his head down.

Training Notes

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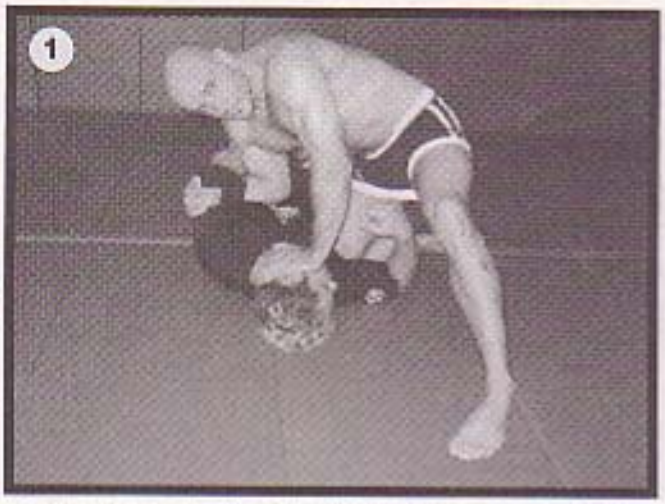
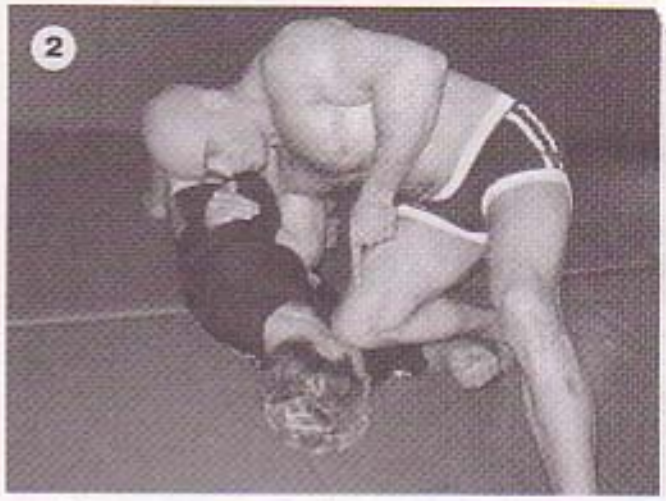
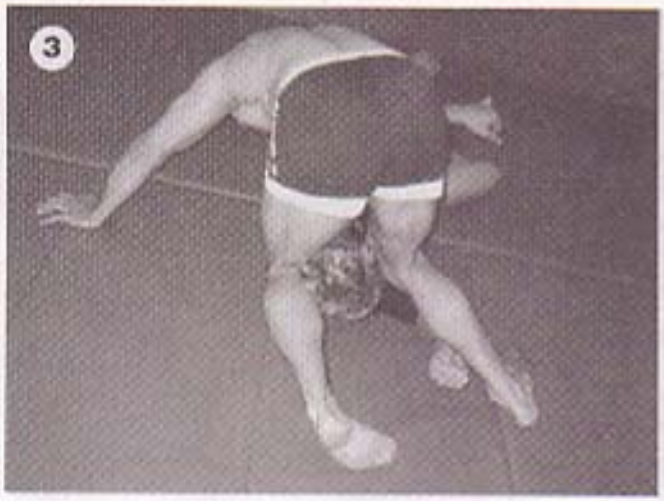


Neck Crank: Grab his left triceps with your right arm. Push his head down.

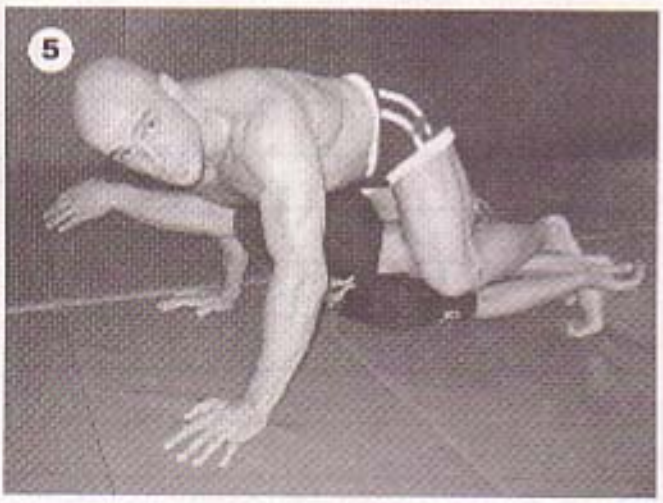


Now put your right knee, as shown, on the side of his left jaw.

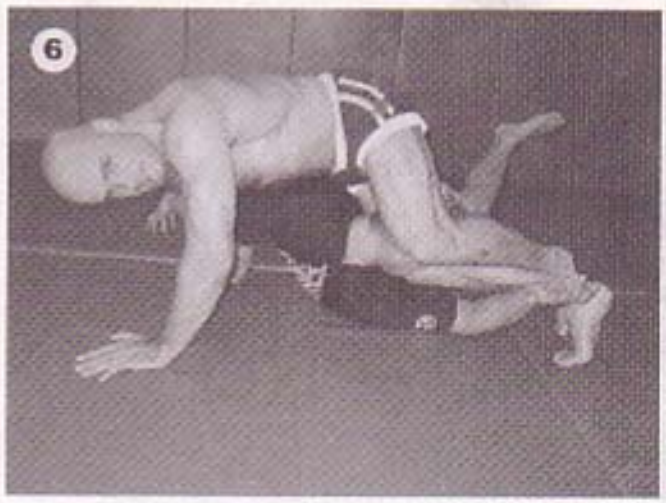


Turn to the front, sliding your left knee beneath his head as you move.

Hook your feet together.



With his head secure, twist your hips to the left.



Keep twisting his head until he taps like this.

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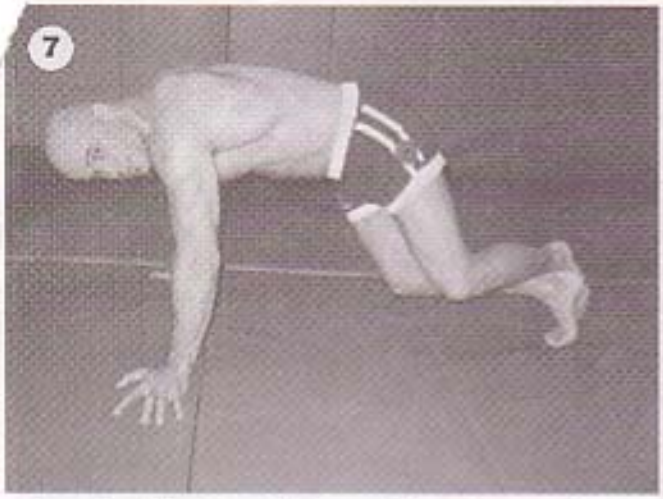
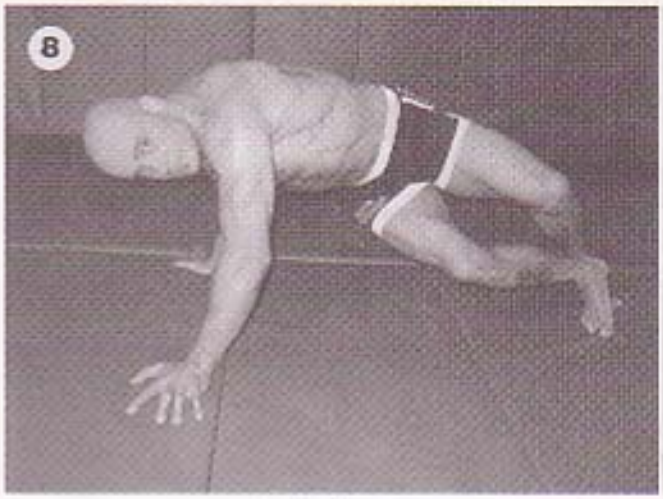
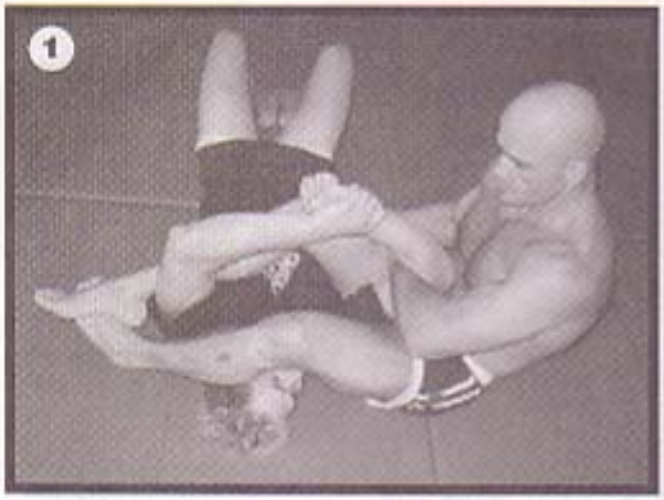


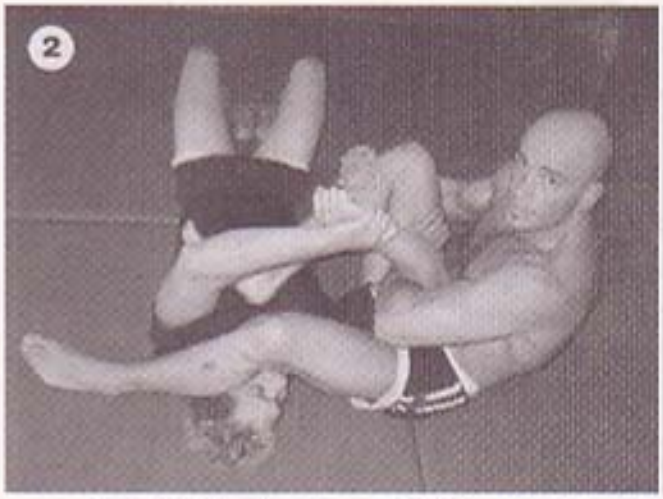
Look at the technique without a partner. Your knees go from here...



...to here.

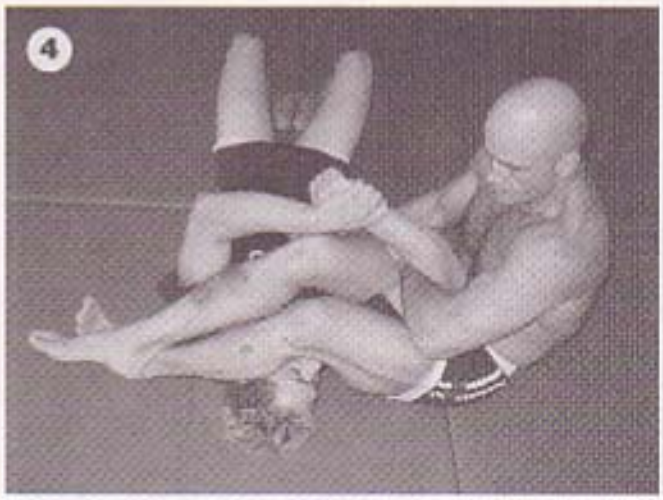


Neck Crank: We start in this common position.



Quickly bring your right leg up.

Slide your right leg in between his hands.



Cross your feet, think about your next move, then go for it.

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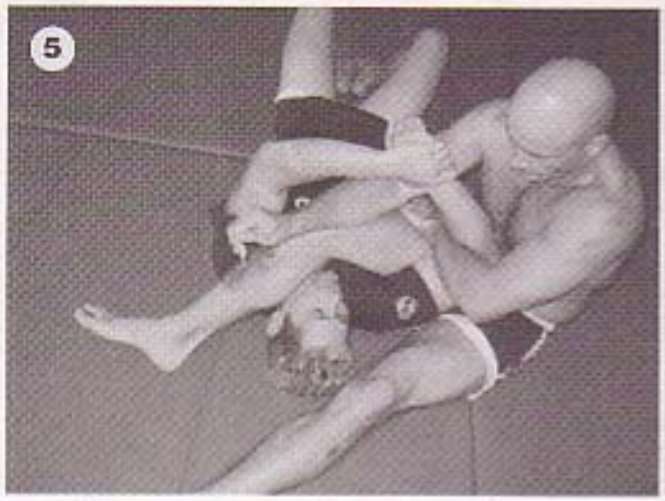
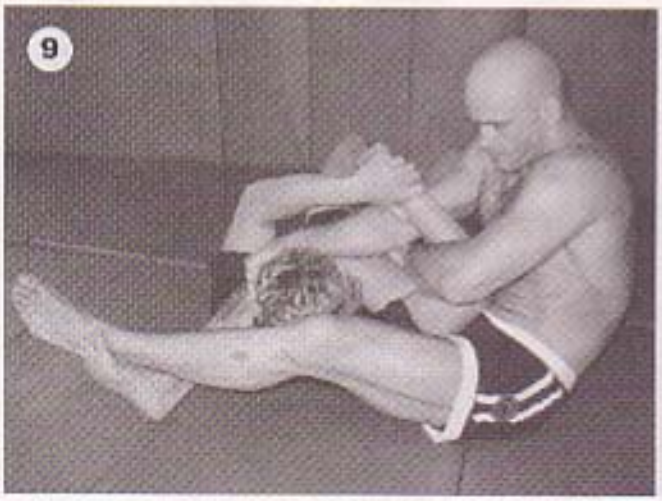


Now open your legs, putting your right leg on his throat.

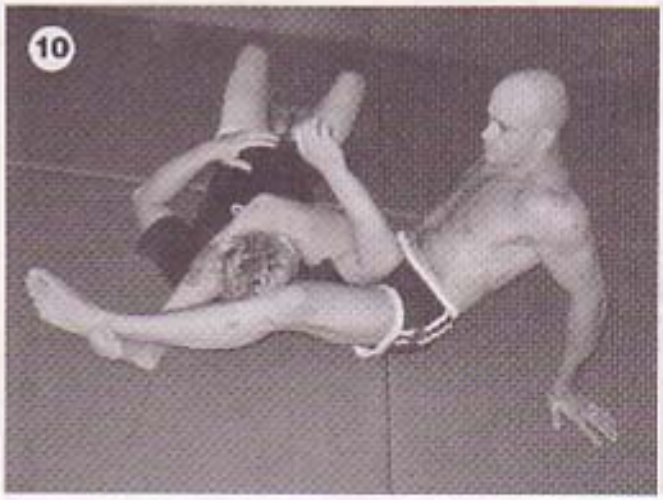
Push your elbow down on his face, so that he faces you.

Pull his head forward with your right hand.

Slide your left leg under his head.



Now let your right hand go.



Cross your feet and lean back.

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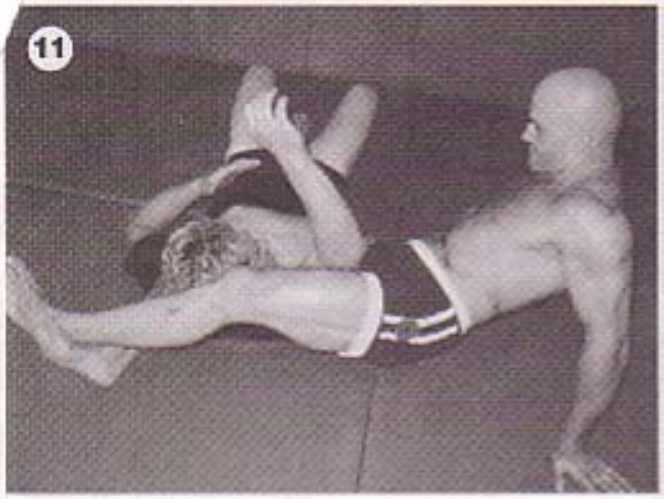
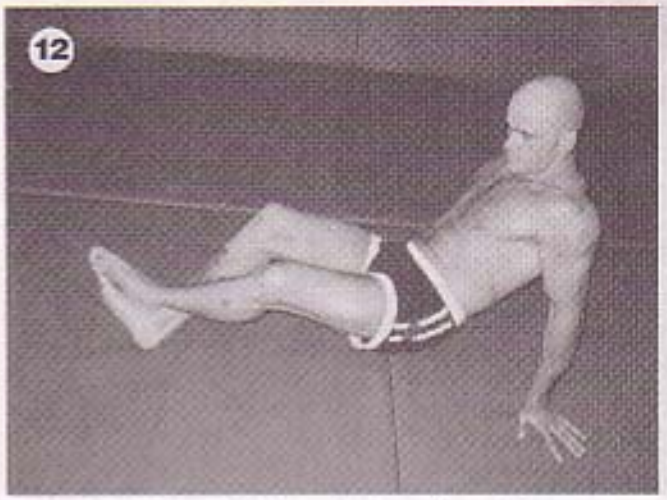
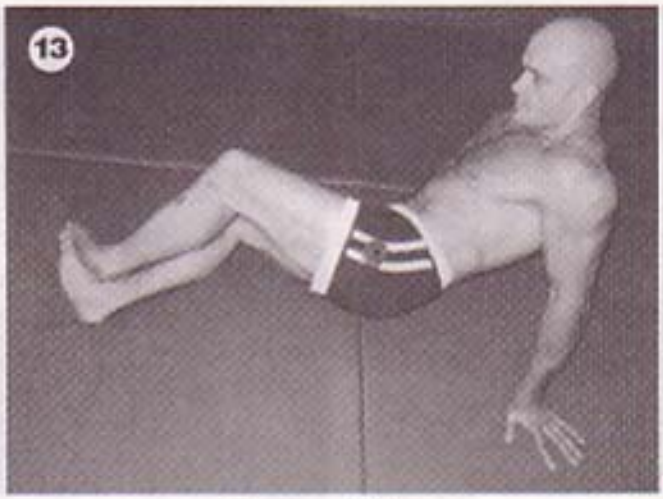


To finish this neck crank, put your hips up and twist to the right.



The technique looks like this.



End position.

Training Notes

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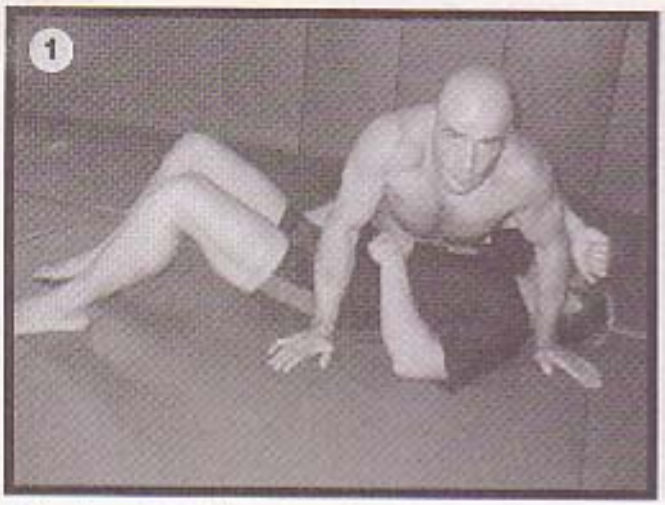
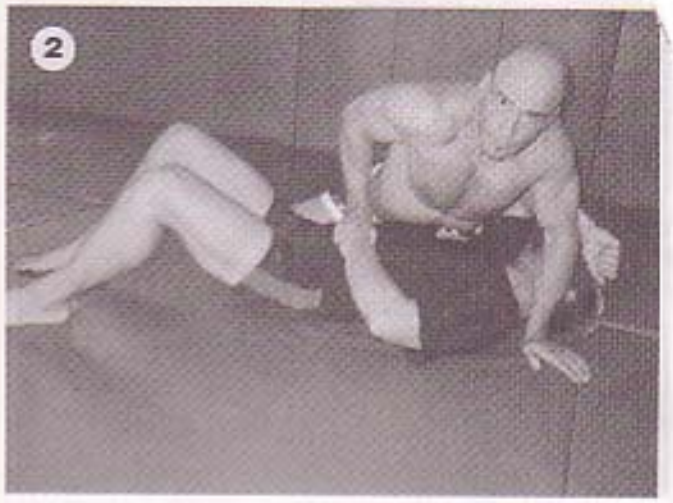
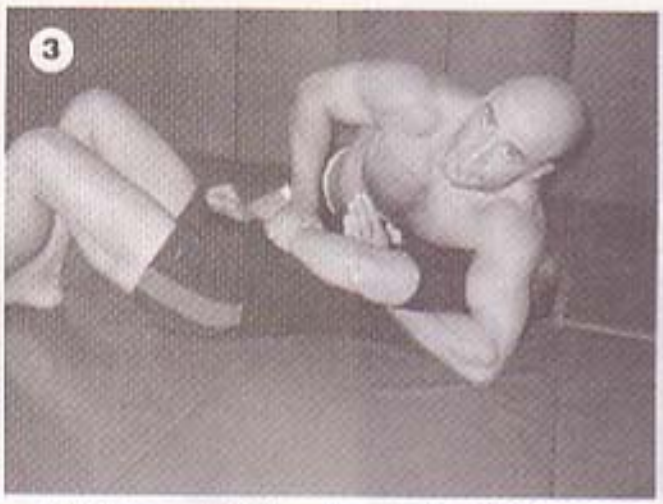


Choke: Start in your side mount position. Marco Ruas taught me this one.



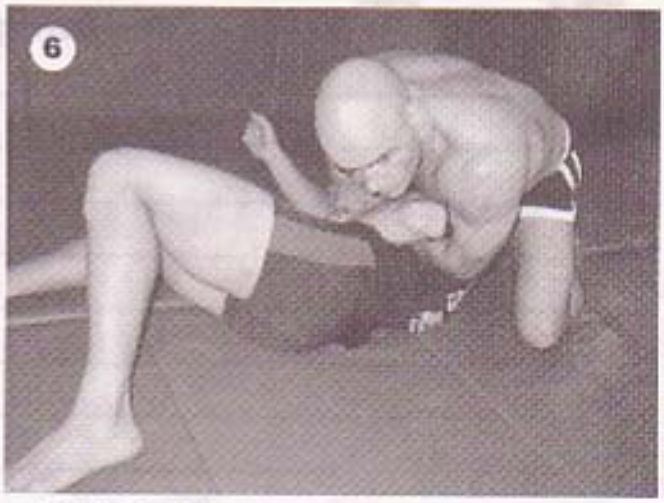
First grab his left wrist with your right hand.



Slide your left hand under his left arm.

Now grab your right wrist with your left hand.

Move your body left to this position.



With his left arm secured, he will think you are going for an armbar...

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...fall back, catching his head between your legs. To choke...

...hook your feet and simply stretch your legs straight. He will quickly submit.

Close the space.

Stretching your legs closes the space.

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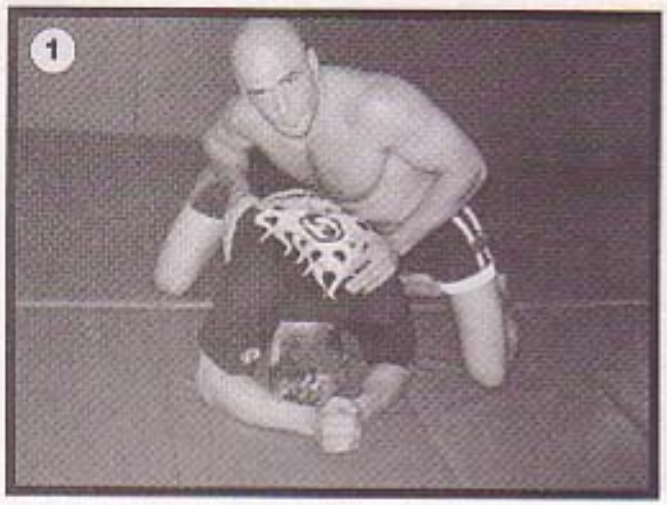
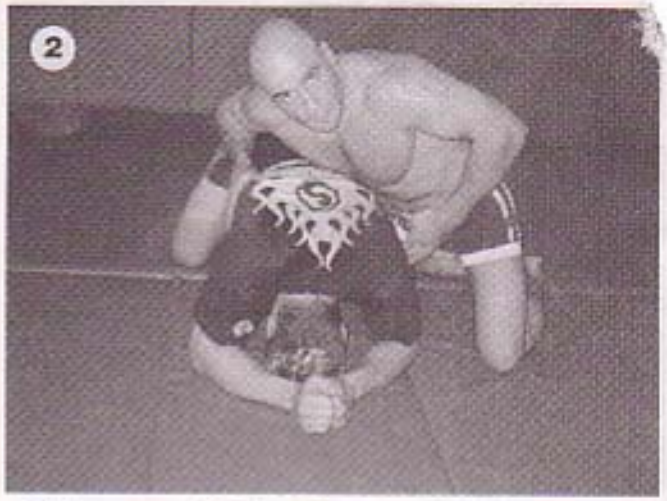
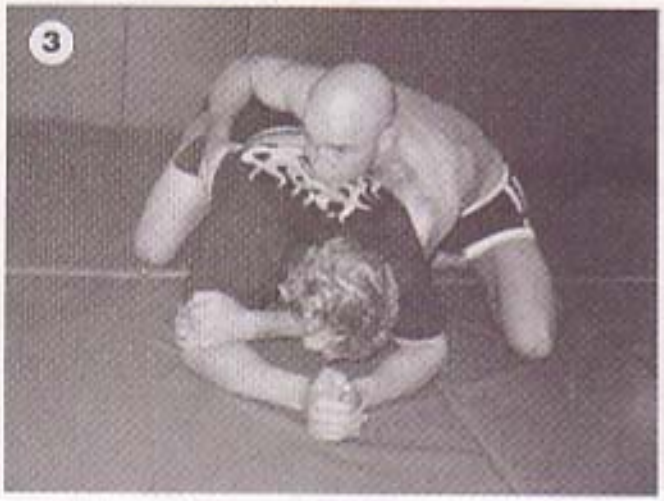


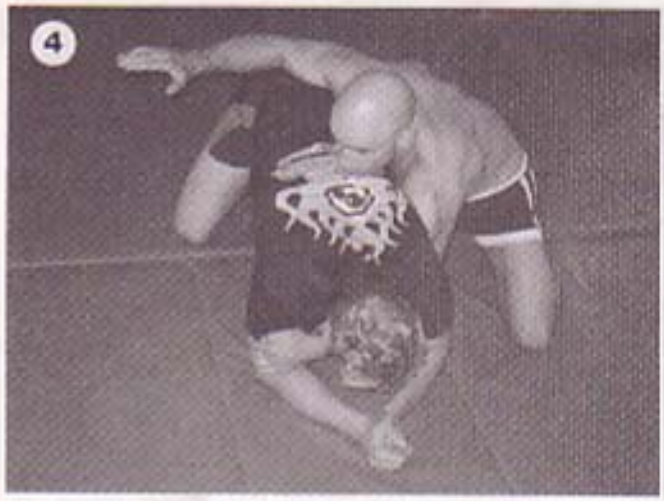
Side Choke: He is on all fours and you have his back.



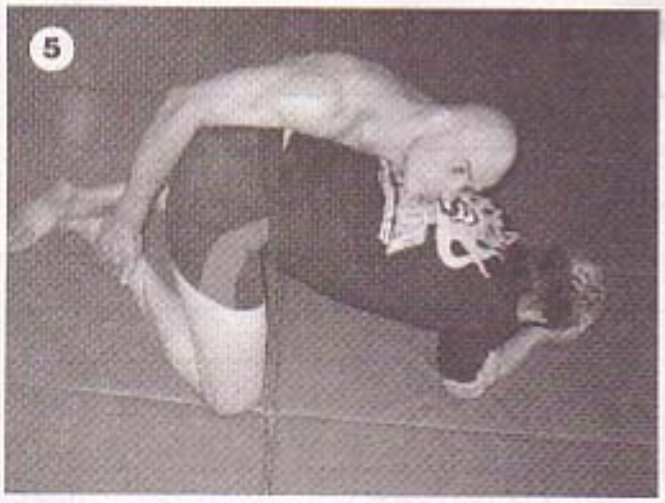
Slide your left hand under his left armpit.



Follow through to the other side, grabbing his right triceps.



Bring your right arm back toward his feet.



Grab his right ankle with your right hand.

Now push him forward away from you while pulling his arm and foot toward you.

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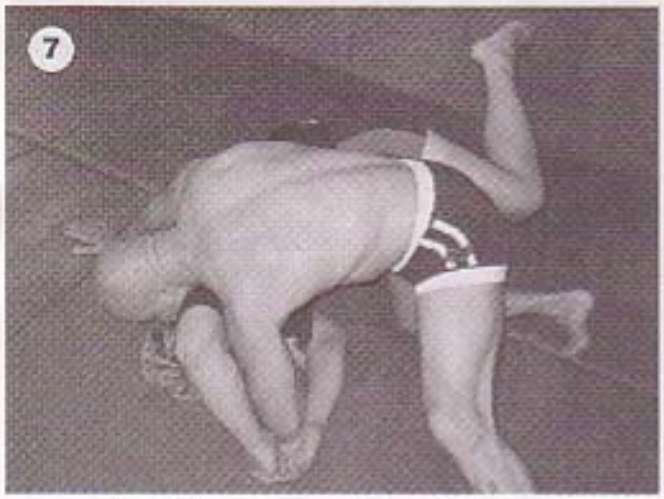
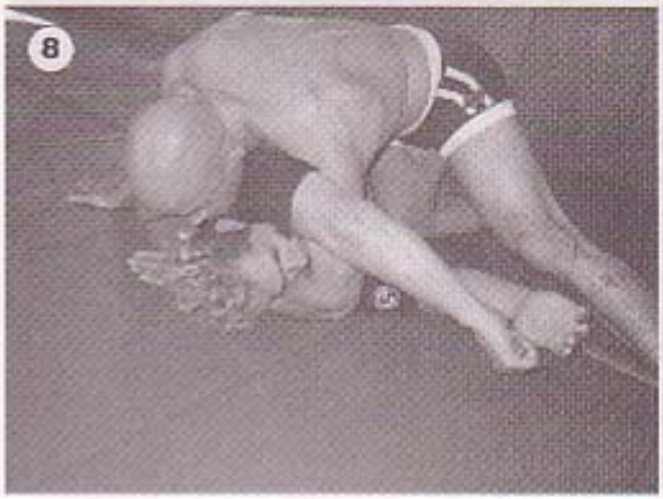
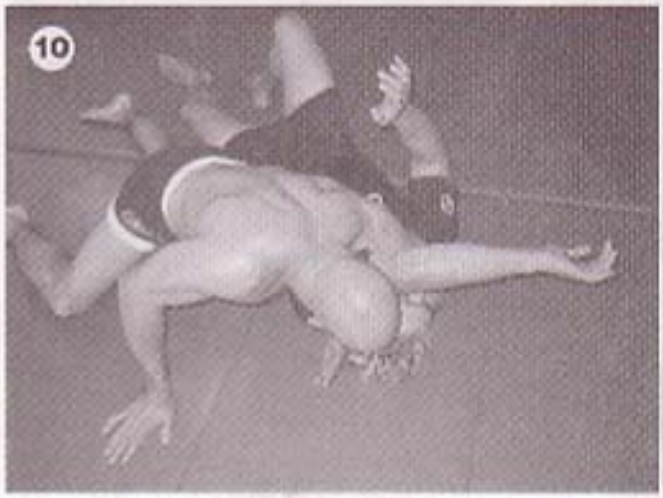


Turn him over on his right side.



Keep your jaw tight on his left arm.

Keep control of his arm as you bring both legs over his body to the right side.



Lay flat.

Grab your right biceps with your left hand like this.

Squeeze while pushing down on his head with your right hand, for the submission.

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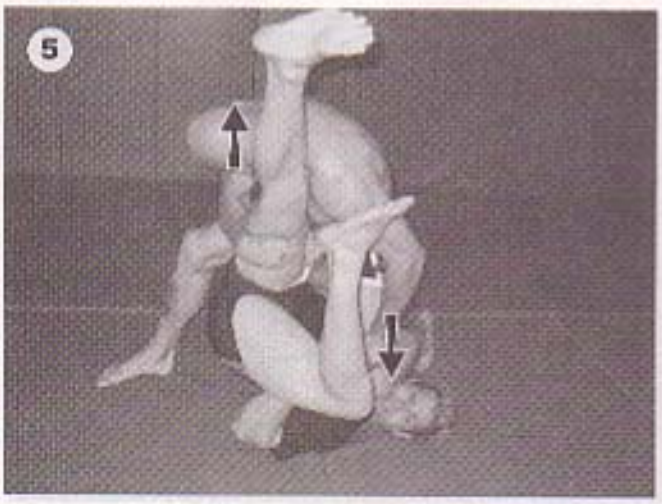
Escape the Triangle Choke:
He has you in his guard.

Make sure he doesn't bring your right arm over to his right side.

Stand up and move to the right.

Put your left knee on his jaw.



Now push yourself away from his choke and pass his right leg.

You have escaped and are ready to strike.

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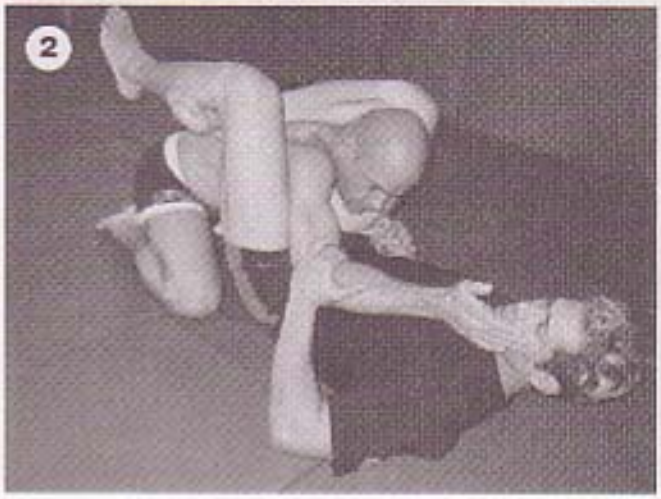
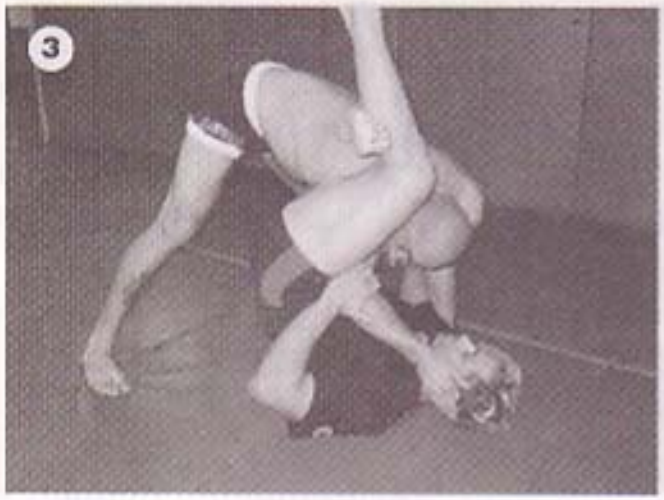
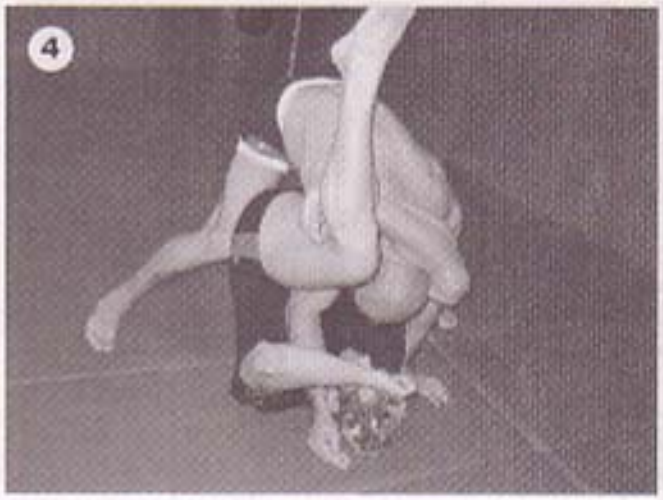
Triangle Choke Escape:
He has me in a triangle hold.



Make sure he does not push your right arm to the other side.



Now stand up and push forward so that his neck bends.



Keep pushing forward until you can grab the top of his head.

Pull his head forward.

Keep your head close to his so he cannot arm bar you.

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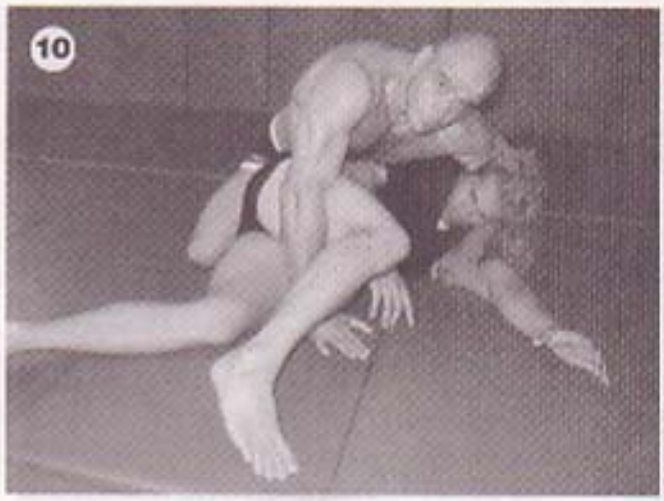
Move backwards. Pulling his head like this will open his legs.

Immediately pass under his right leg.

From here go for the side mount position.



You have escaped and now have side control.

Counter Attack: This is a good thing to remember when escaping the triangle.

He has me in his triangle.

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Do the same escape I just showed in the prior technique.

As you pull his head bring your body backwards.

He will open his legs.

Now as you pass his right leg keep holding the leg.

Step over with your left foot.

Fall back and knee bar for the submission.

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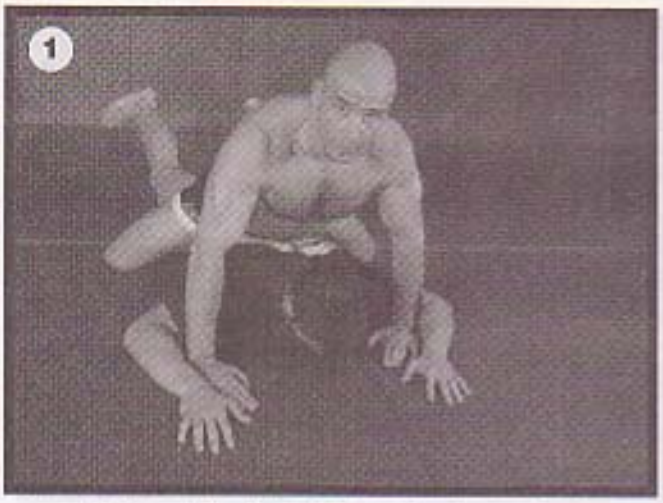
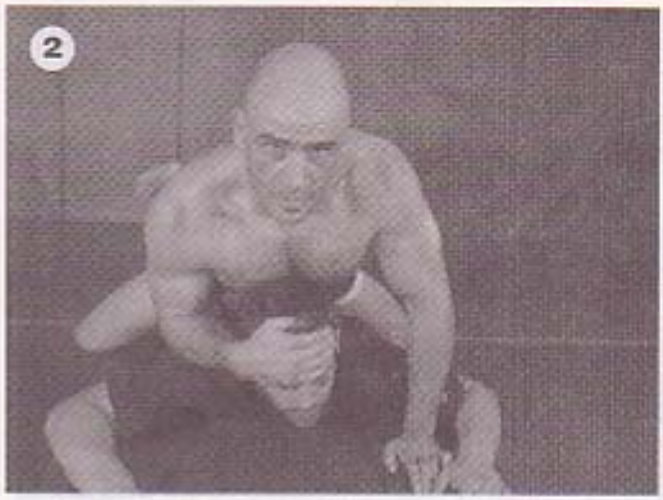
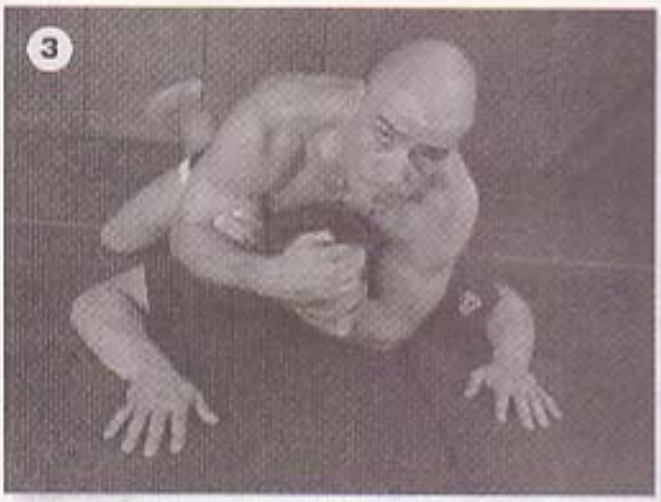


Ways To Get The Chokes In:
You have him stretched out in this position.

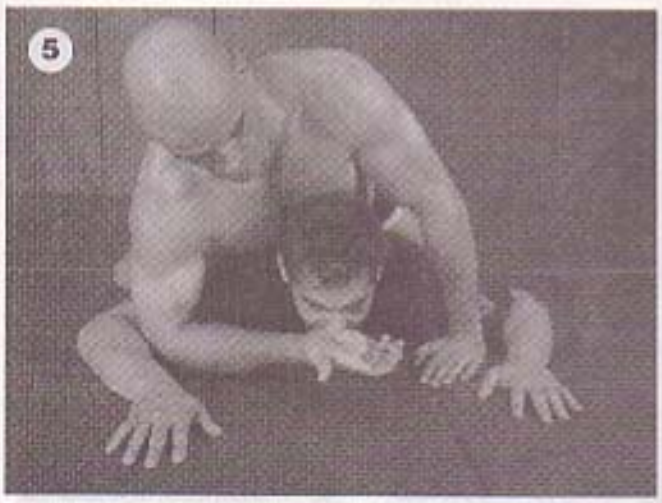


Pull his head up with your right hand.

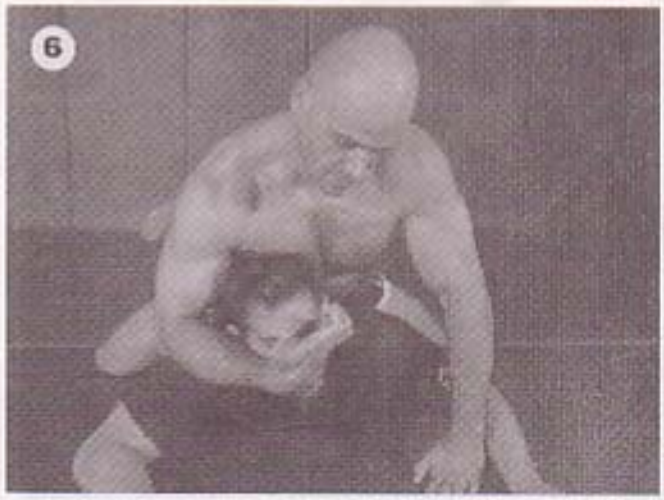


Slide your left arm in for the choke.

Or try this to open him up.



With your right palm,
push up under his nose.



His head will come up easily
and expose his throat.

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Another one.

Slide your left arm in for a cross face.

Clasp your hands and pull up.

You now have space to slide your right arm in.

Slide your right arm in.

Complete the choke.

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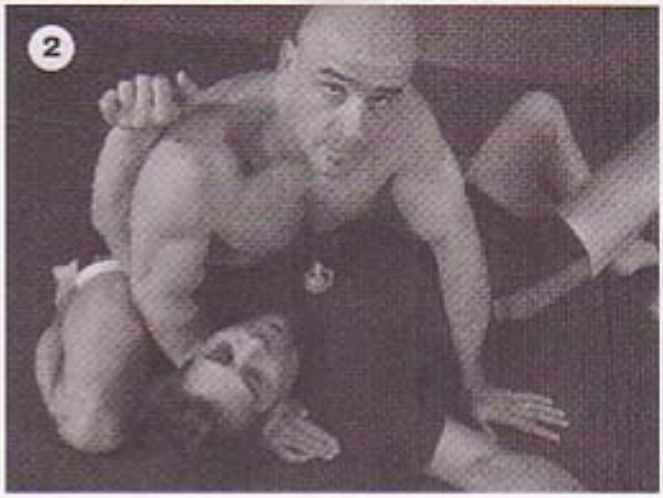
Side Mount Choke: A simple but effective choke from the side mount.



Your right arm goes under his neck.

Grab your hands together.

Squeeze your arm tightly.

Try to bring your elbows together as you squeeze for the submission.

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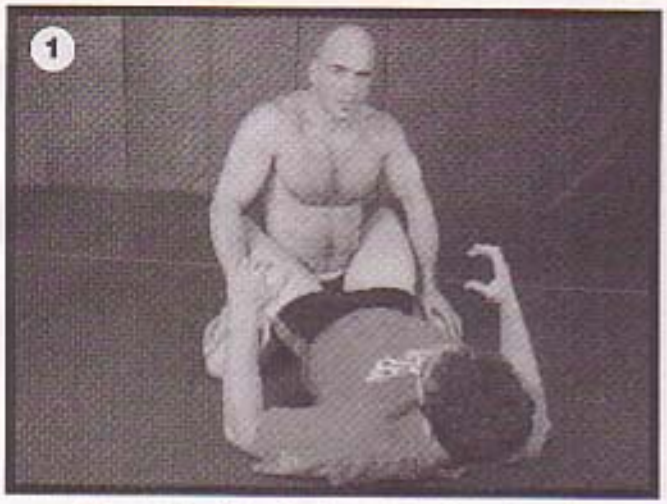
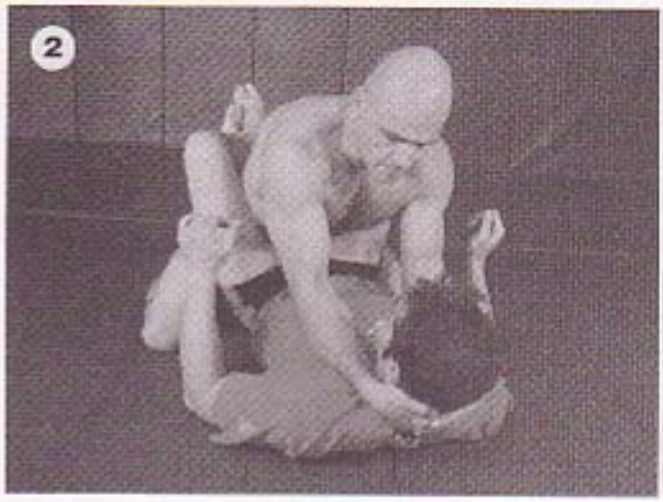
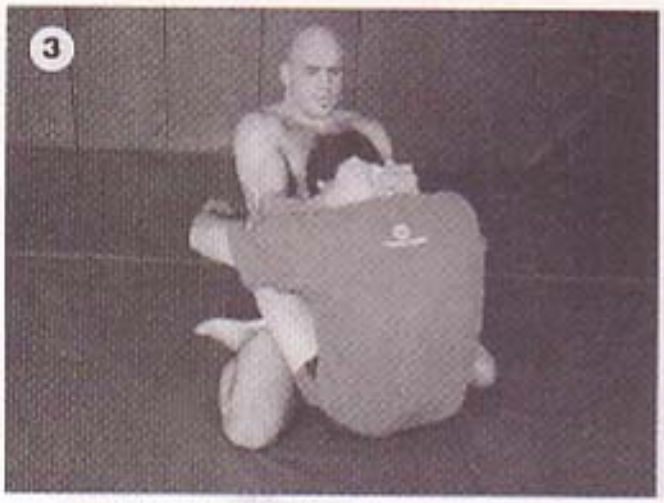


Crucifix Neck Crank: You begin in your opponent's guard position.



First reach and grab his head with both hands.



Pull his head all the way up.

Tuck his head under your right armpit.

Hook your arms under his armpits, keeping his head under your right shoulder.

Lean forward, putting him on his back.

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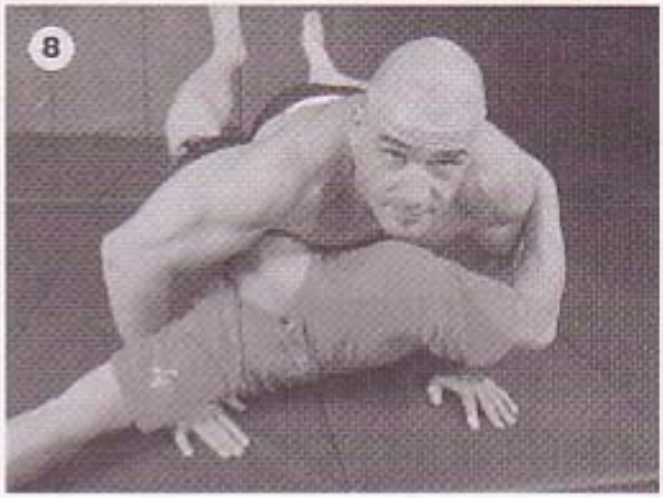
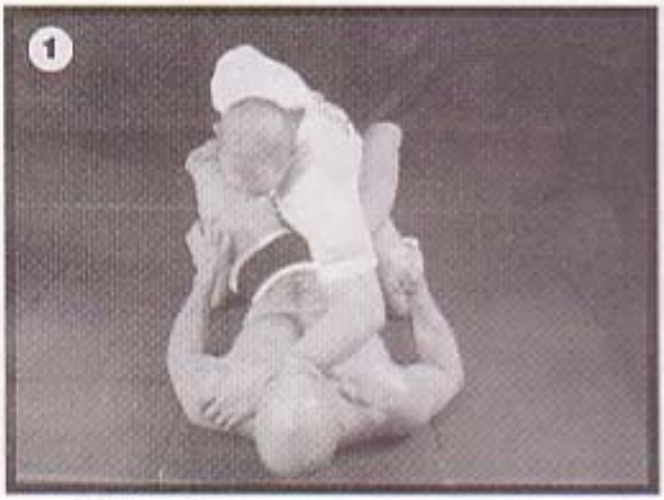
Push your right shoulder back and you have the neck crank.



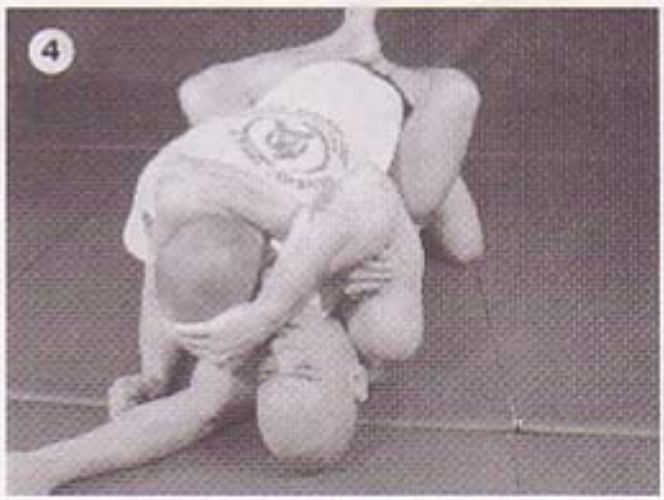
The bigger neck he has, the sooner he will tap.



Side Choke: Your opponent is in your guard and pushing on your throat.

First push his left arm over to the side, using your right hand.

Lean up to catch his left triceps with your neck and left shoulder.



Grab your right biceps and apply the side choke to finish.

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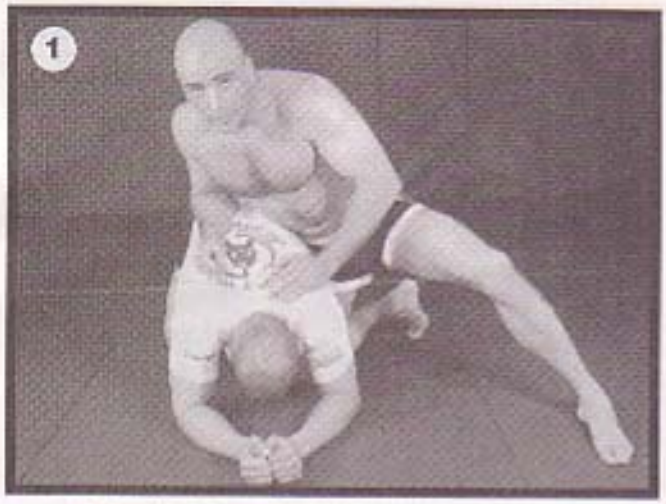
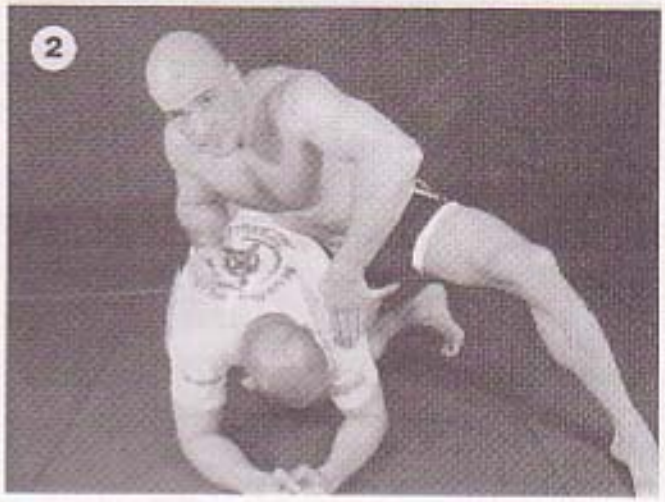
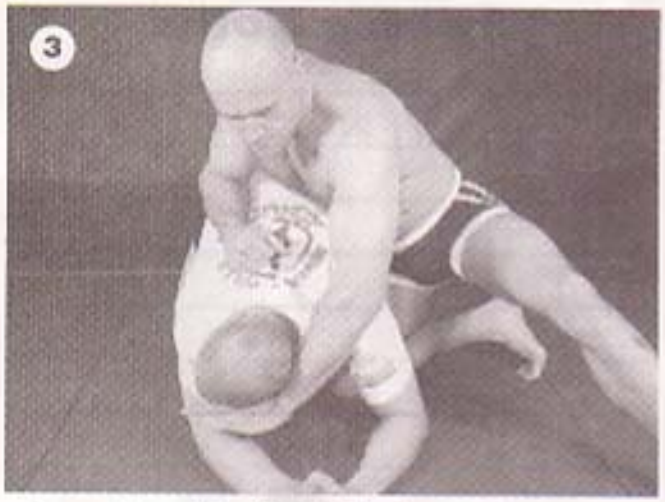


Neck Crank: He is on all fours and you have his back.

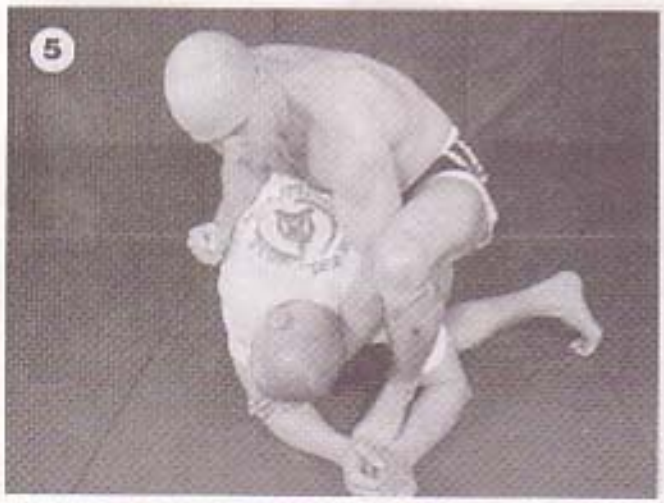


Slide your left hand in to cross face.

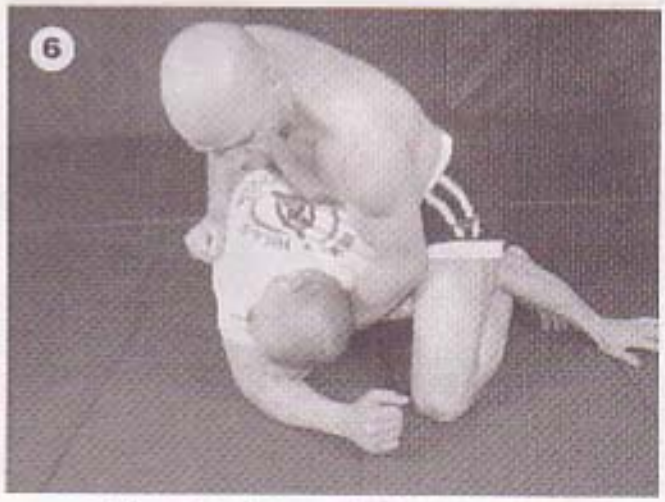


Cross face him, like this, to create space.

Step with your left foot between his arms.



Keep control of his head.



Now hook your left leg under his left arm for control.

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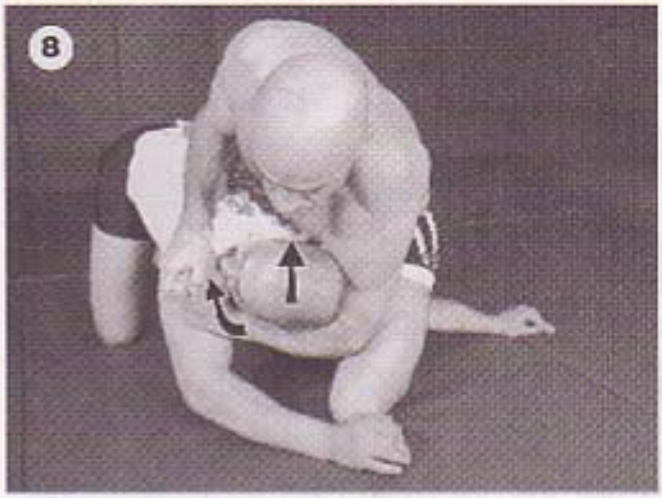
Grab your hands together.



Twist and pull his head up to complete the neck crank submission hold.

Keep control of his left arm like this.

Training Notes

Triangle Choke: Another way to triangle choke from your guard.

He tries to break your guard with his left arm.

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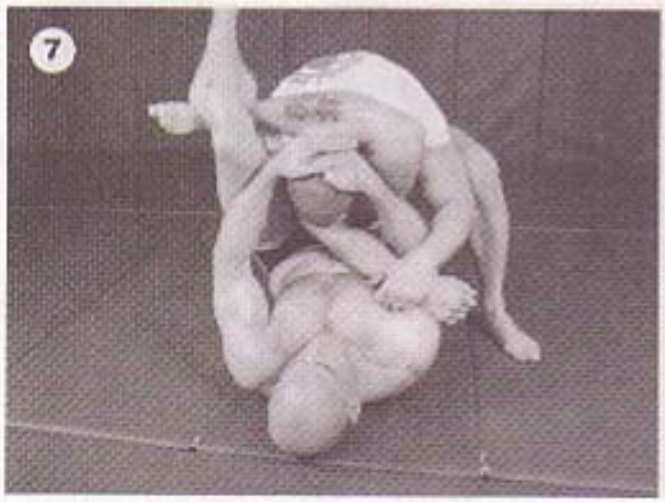
Pull your right knee out to the side, place your leg over his left arm.

Bring your right foot over his neck, pulling his head down, and move your foot to the left.

Twist your hips a little to the right.

Grab your right foot with your left hand.



Hook your left leg over your right foot while pulling his head down.

Pull your right arm out from under his arms.

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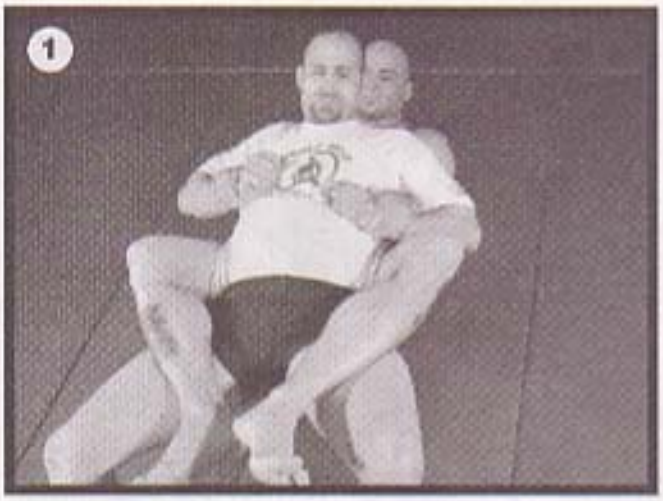
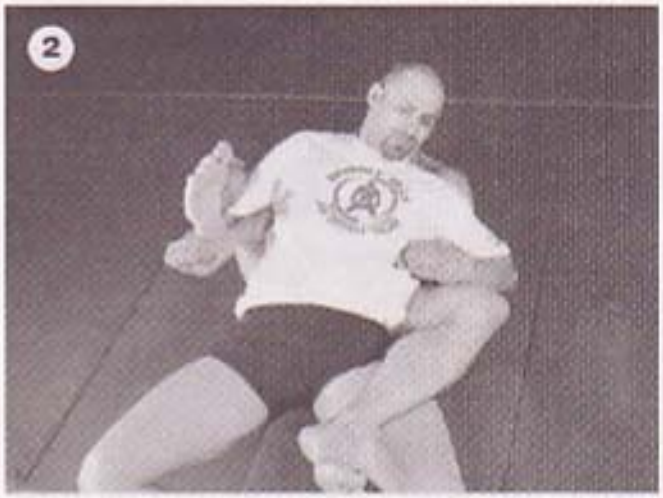
Grab his head and pull down as you bridge your hips to finish.

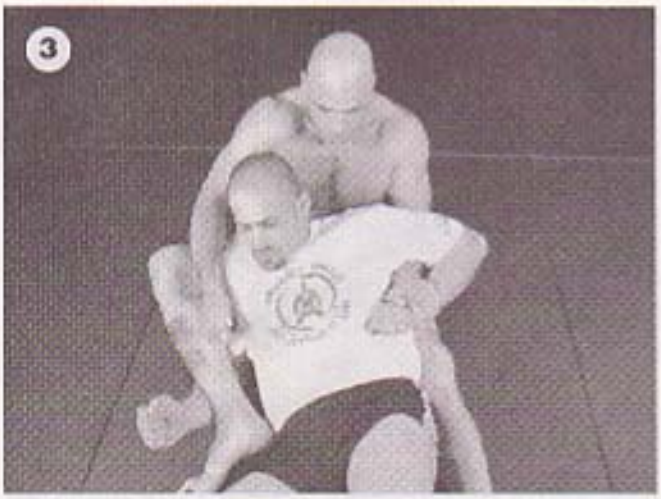
Training Notes



Leg Choke: You have his back holding both his wrists for control.



Release your right leg, hooking his right arm with your foot.



Put your right foot on the floor.

Now grab his jaw with your right hand and pull his head back.

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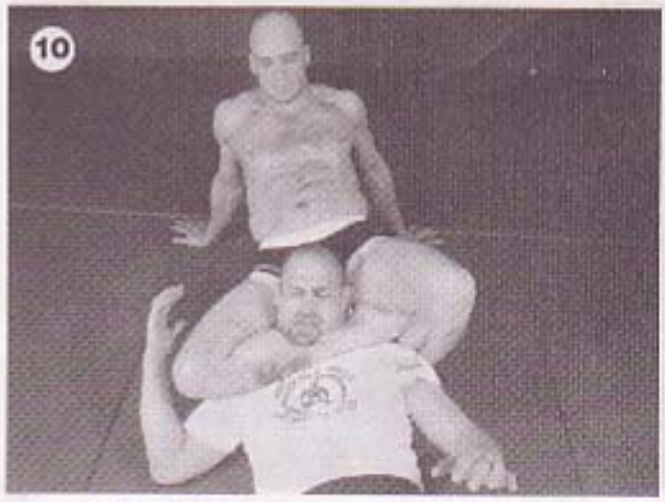
Skip your left hip out and bring your right leg to the side.

Bring your right leg under his jaw while grabbing your right foot with your left hand.

Pull his head back, sliding your right leg in.

Bring your left leg over your right foot.

Squeeze your legs tight and choke.



Finish by bridging your hips up to bend his head forward.

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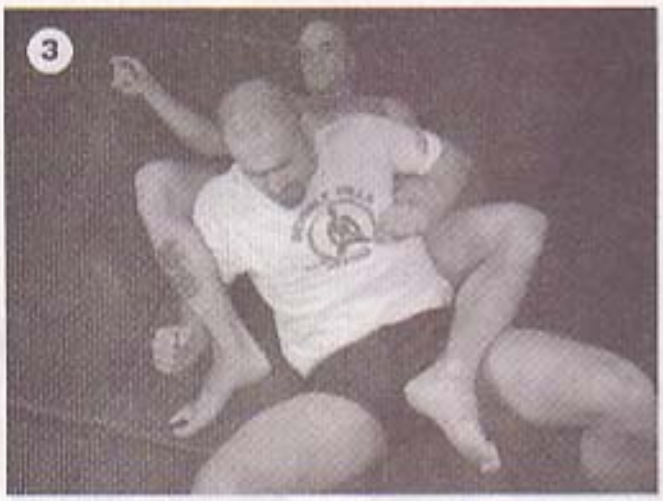
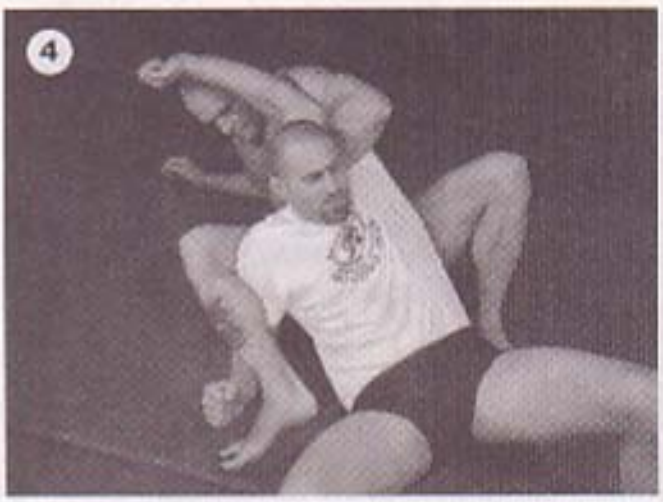
Leg Choke: Same as the prior technique except his arm is up.

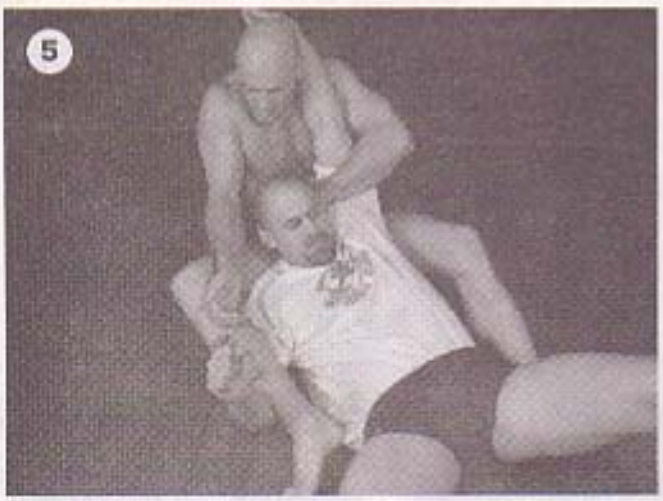
Again, hook his right arm with your right leg.



Bring your right foot to the floor.



Pull his left arm back.



Control his left arm against your head.

Grab and pull up on his jaw.

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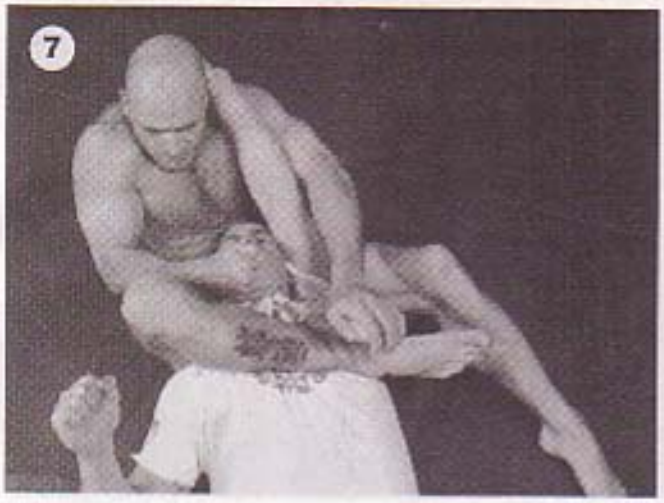
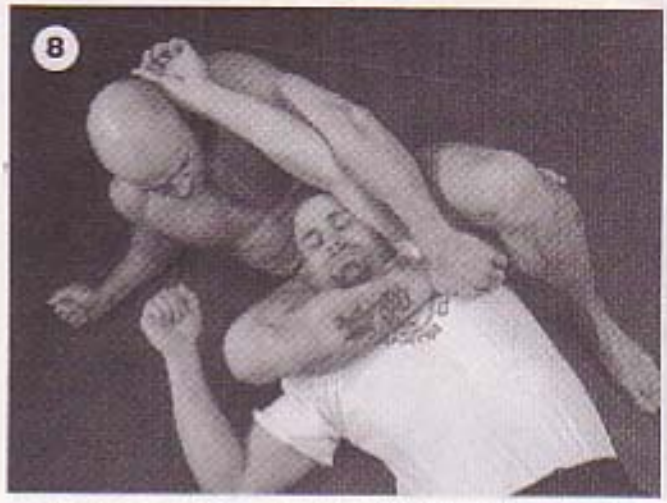


Bring your right leg over his chest.



Pull your right foot back into his throat with your left hand.

Push his left arm down with your left hand.

Keep your legs tight and push your hips forward to finish the choke.

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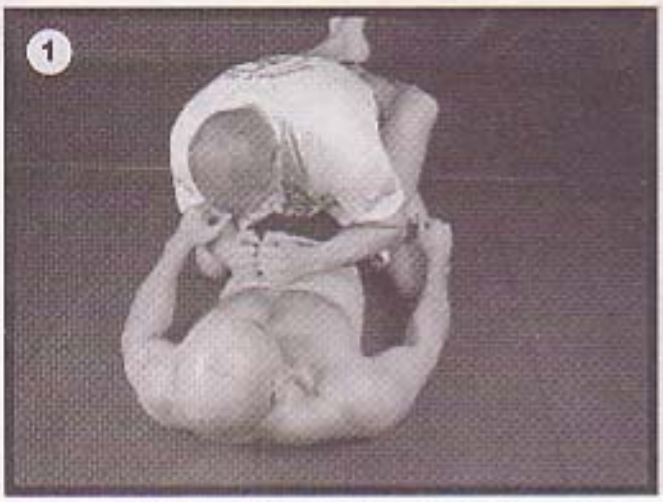
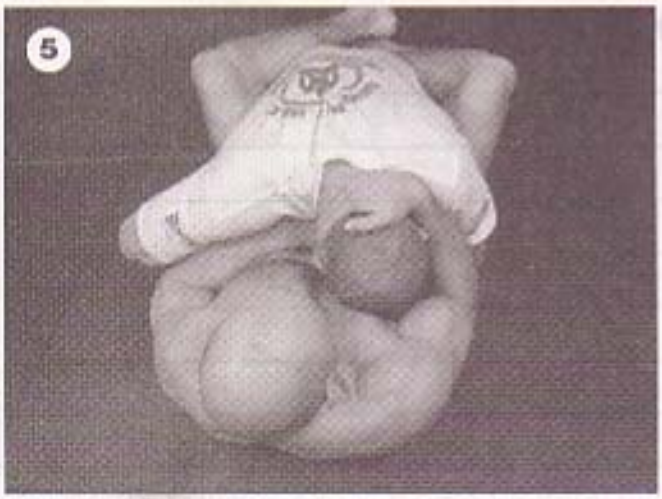


Triangle Choke: Start in your guard position.

Grab his left wrist with your left hand.

Push his left wrist down.

Should look like this.



With your right hand, pull his head on your chest.

Now slide your right leg out.

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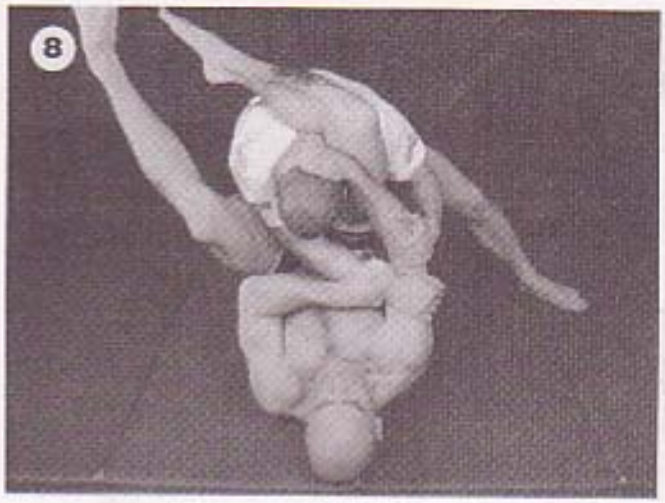
Bring your right leg over around his neck.



Bring your left leg up.

Pull your right foot to the side, hooking it with your left leg.

Pull his head down and triangle choke for the submission.

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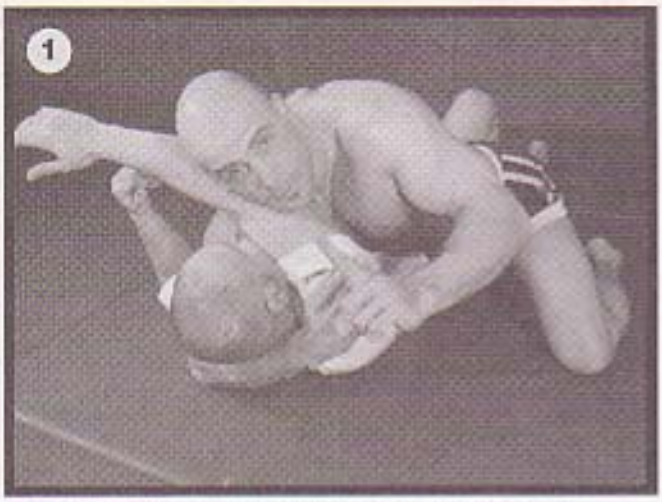


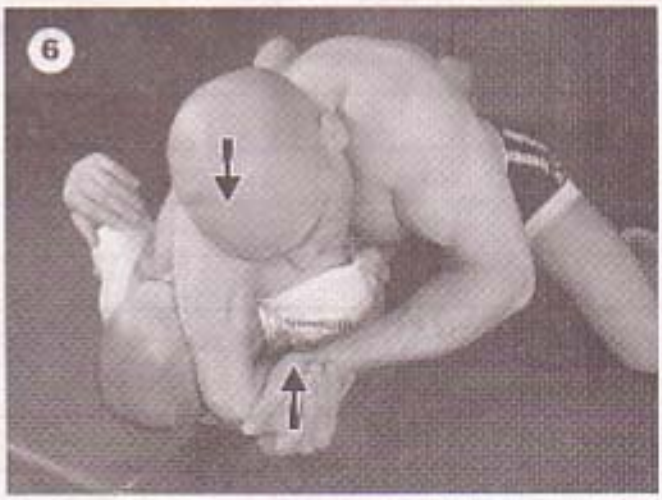
Side Choke To Wrist Lock: What you can do if he defends your side choke.

You have the side choke.

Now he defends the choke by bringing his right hand to his ear.

Grab his right wrist with your left hand.

Pull his wrist toward you like this.



Now pull his right wrist up as you push forward to apply the lock.

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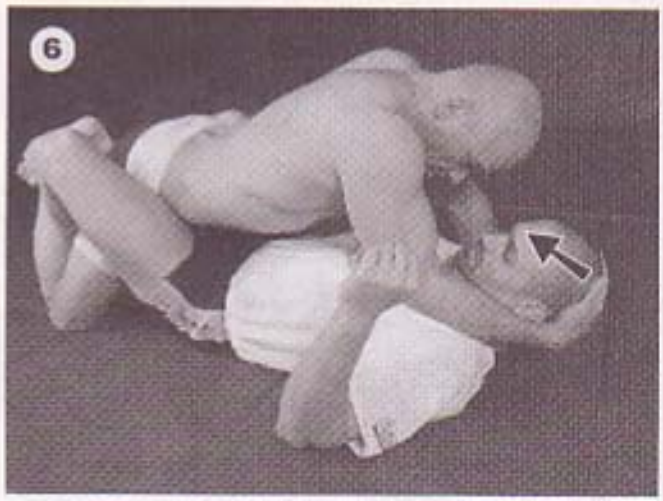
Neck Crank and Foot Lock:
Begin in his guard.

He has his guard closed by crossing his feet.

Lean low and forward.

Now kick your right leg up and catch his feet.

Cross your feet over his feet.



Finish by cranking his head forward and pushing down on his feet.

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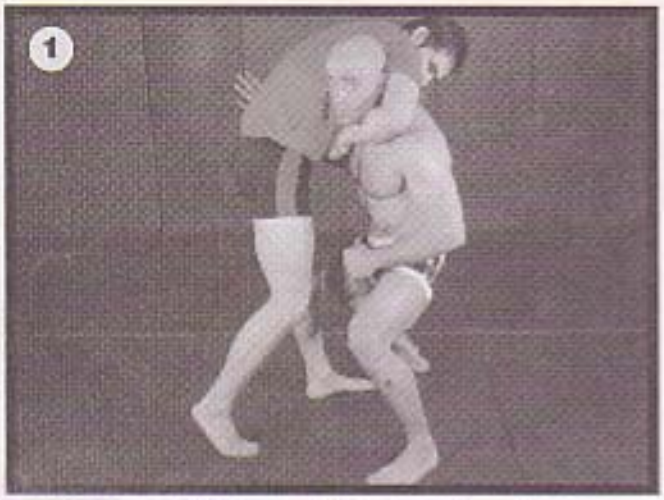
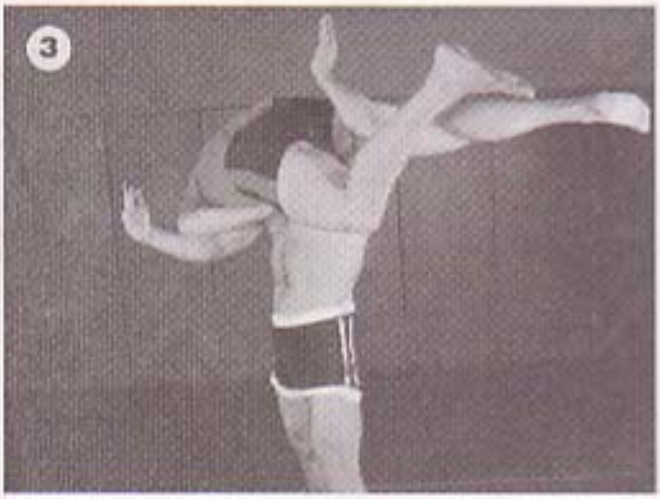


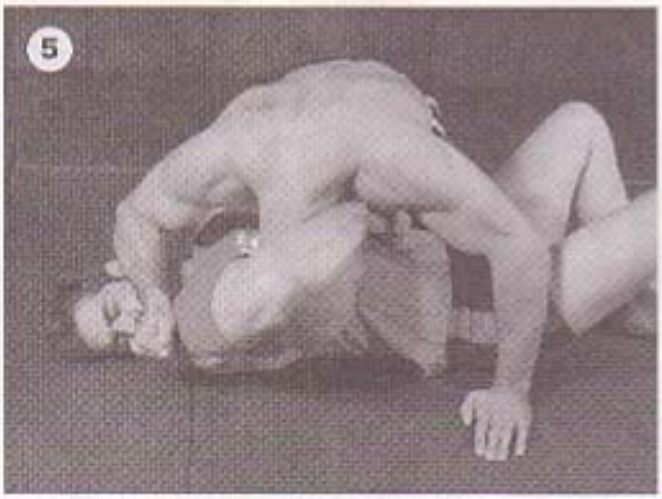
Escape the Guillotine: Bend your knees so you move close to him.

Reach your left arm under his legs.

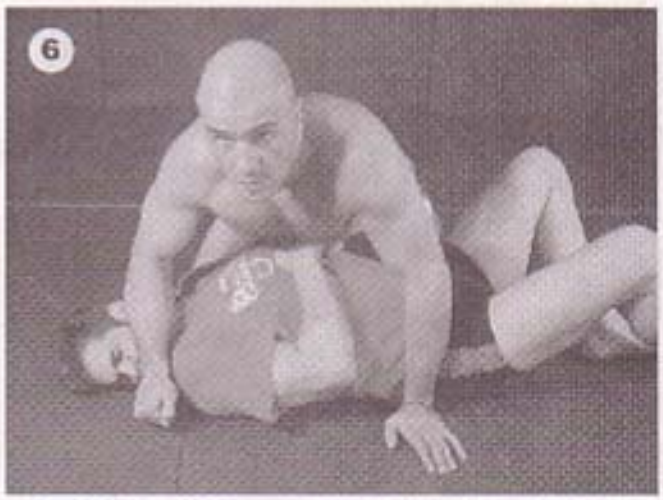


Come up, bringing him high like this.

Slam him on his back, with you landing hard on his stomach.



Cross face him with your right arm.



You are now free to attack from the side mount.

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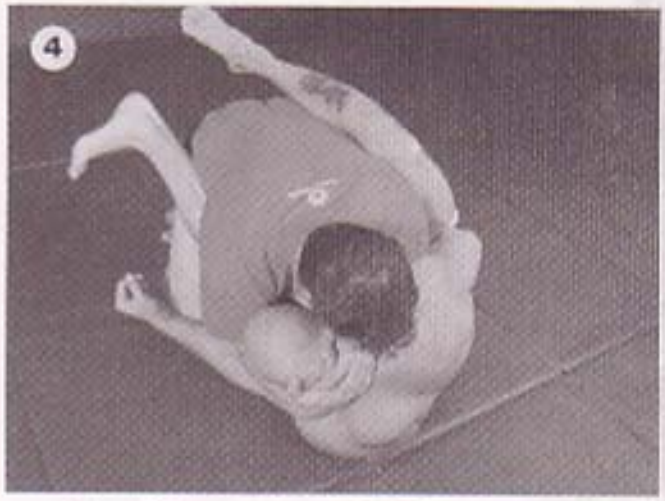
Escape The Neck Crank: He has you in his guard and is holding your head.

Watch my hips.

Turn your hips out to the right.



Now the pressure is off your neck, and his neck crank is gone.

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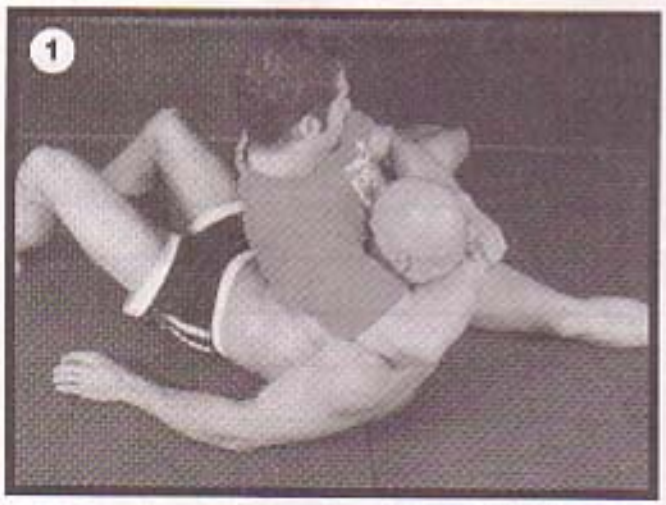
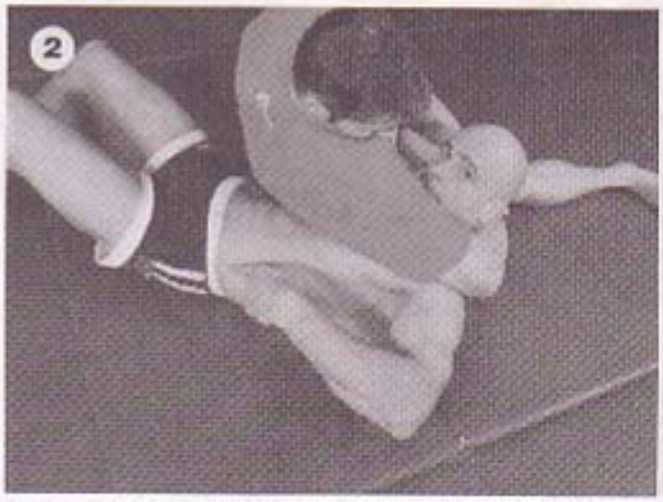
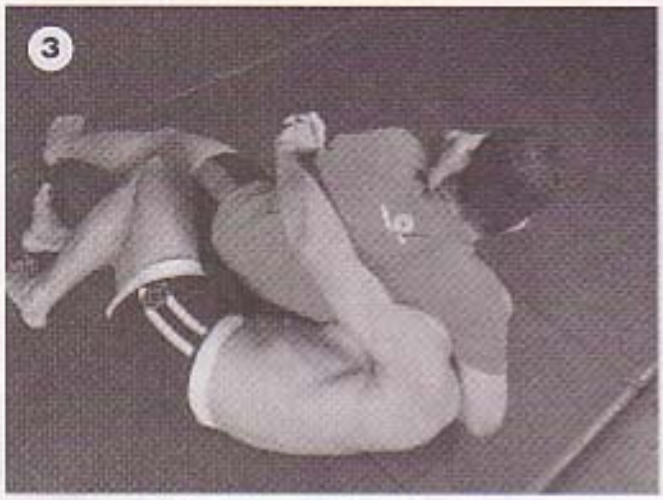


Escape the Neck Pull: This famous neck crank is easy to escape.

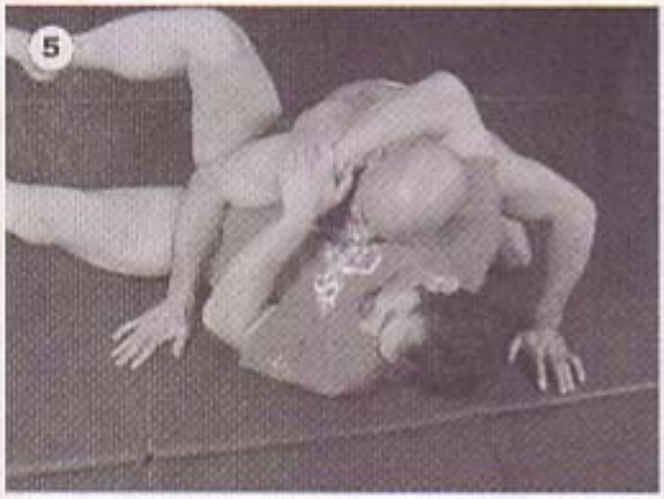


Watch the left hip.

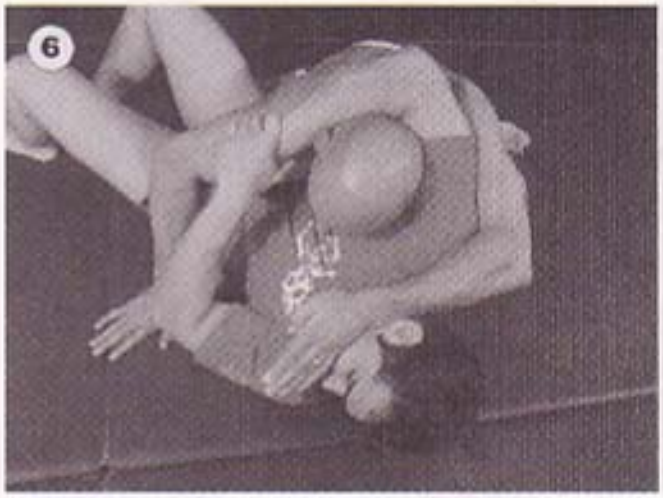


Turn your hip out and grab him around the waist.

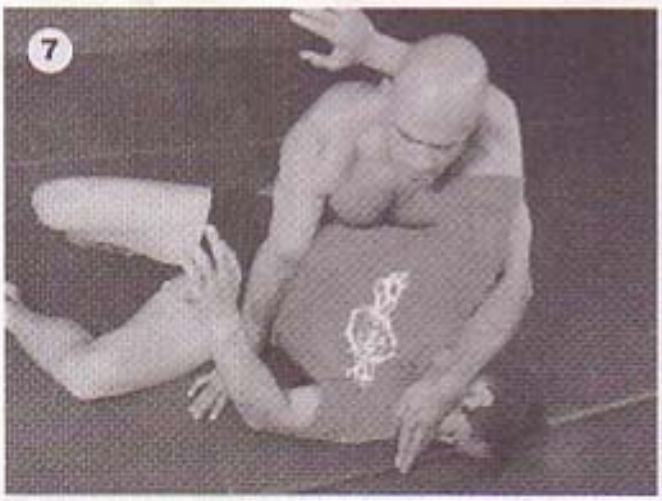
Roll him over to the left and keep holding tight.



Turn him on his back like this.



Cross face him with your left arm.



Sit up, while continuing to put pressure on his face, until you completely escape.

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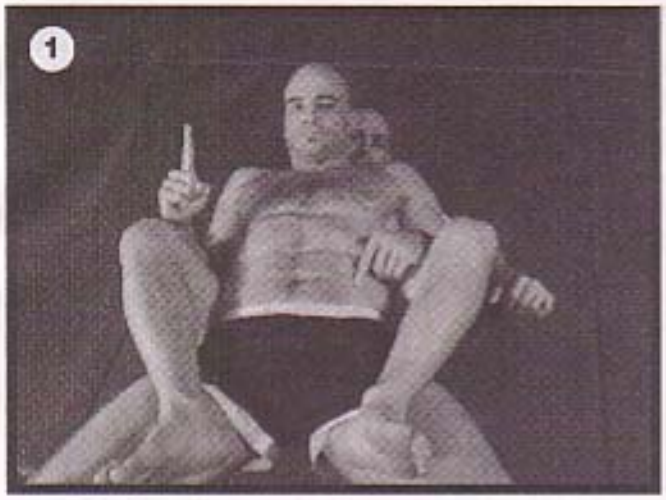
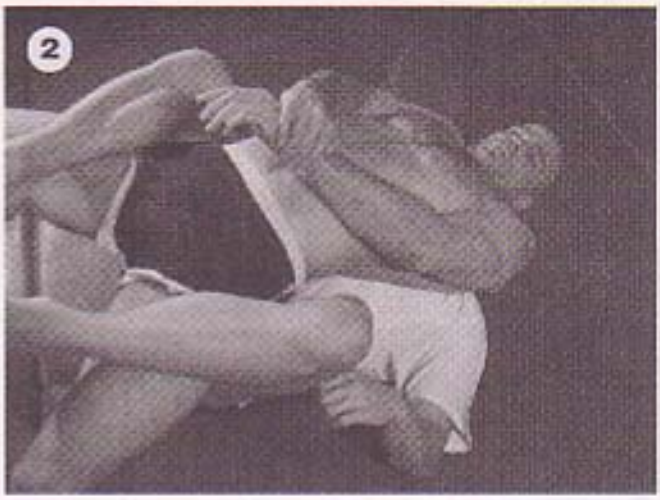


Choke Escape: He has your back, but don't worry, be happy.



Slide back while pulling your shoulders up in order to protect your throat.

If he does get the choke on you...

...again, don't panic. You can try this last resort.

Push yourself all the way up on his chest.

Grab his left wrist with both hands.

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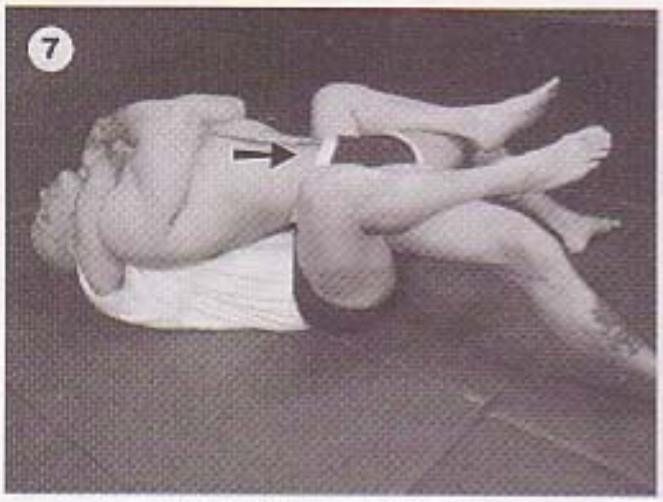

Hold his wrist tight then pull your body down.

Your body weight will help pull his arm off your throat.

Now control his arm.

Training Notes

Escape The Side Choke:
He has you in the side choke.

Again don't panic, keep your head.

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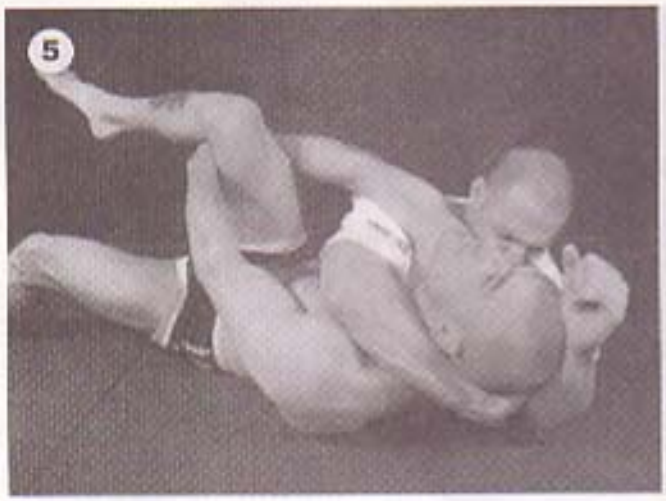
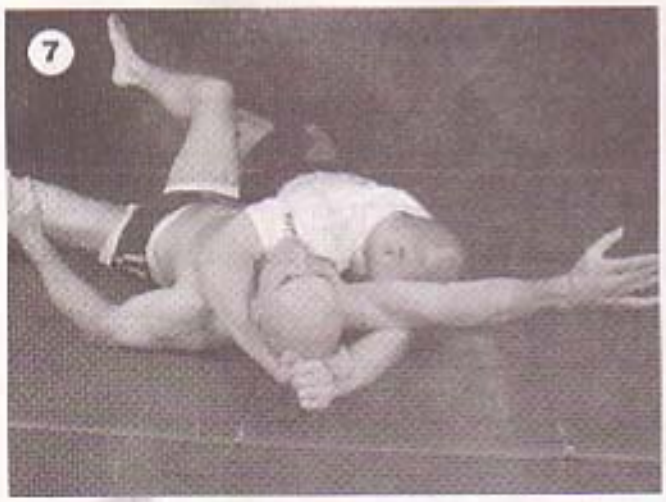
Swing your right leg up.

Grab your right leg tightly with both hands.



Pull your right leg down to create space on your right side.

Let the leg go and try to escape your arm out of the space you created.



Bring your right arm around his neck. Do this fast!

You have now escaped the danger.

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Another **Side Choke Escape.**

First, pull his left hand off your forehead with your left hand.

You now have space.

Stick your right hand in, grabbing the back of your head.

With this move you do leave one vein open, if you relax, it should be OK.

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Neck Crank: You are in your opponent's side mount position.

First move is to stretch your legs out straight.

Push your self under and out form his side mount.

Turn to him, bringing your left hand under his face.

Grab both hands, pulling his head back.

Finish with a neck crank for the submission.

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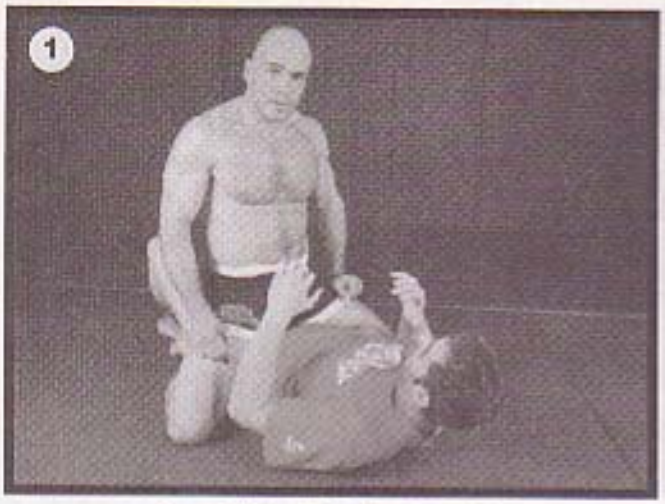
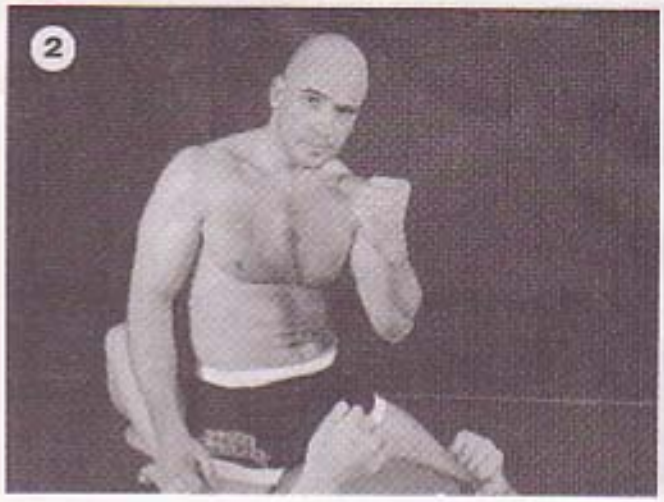
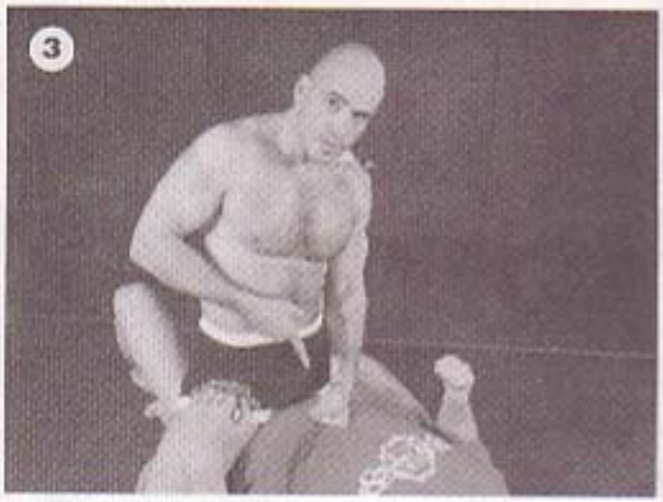


Crucifix Neck Crank:
Start in your mount position.

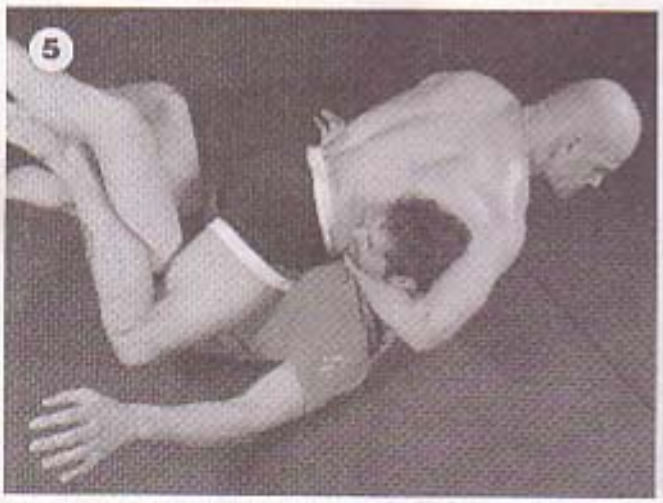


Make a strong fist with your right hand.



Put your fist on his solar plexus.

Push on your fist with all your body weight and his head will come up.



Grab around the back of his neck with your right arm, like this.

Now grip your hands together tight.

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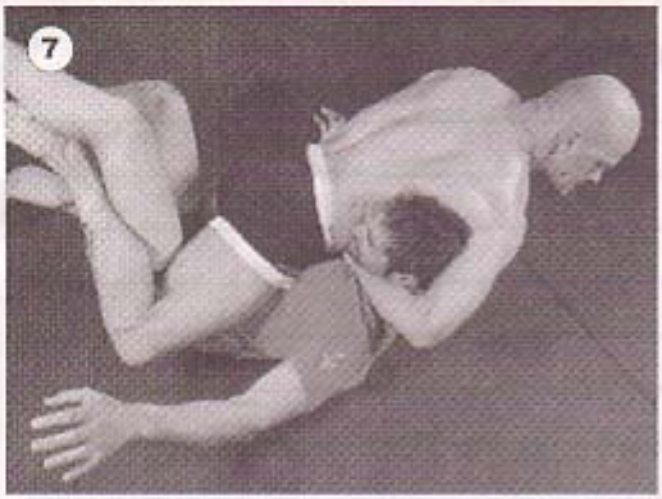
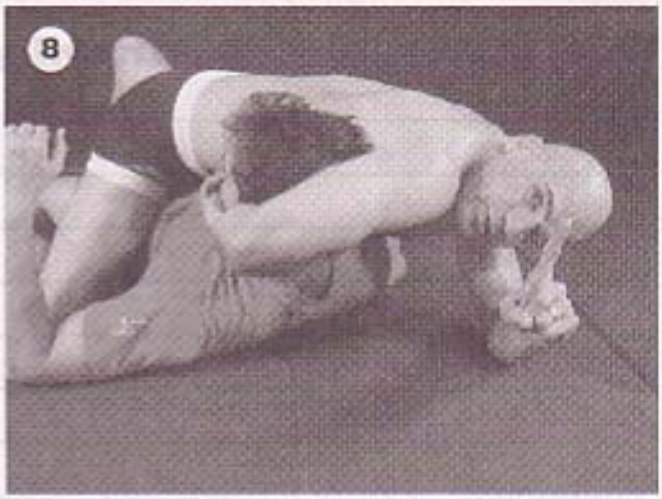
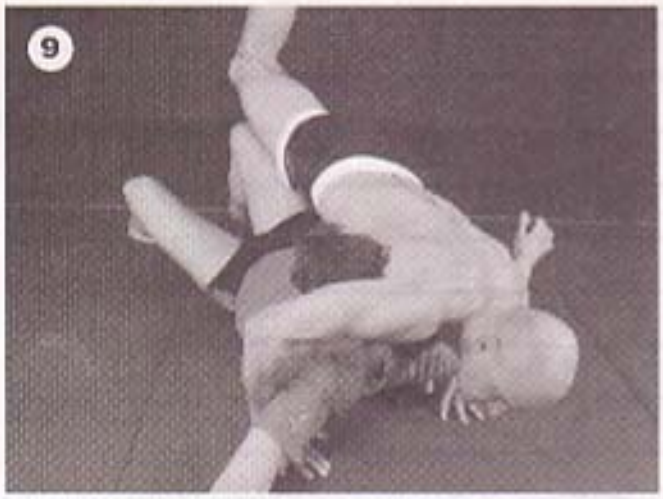


Under lock his legs with your heel hooks and he will tap.



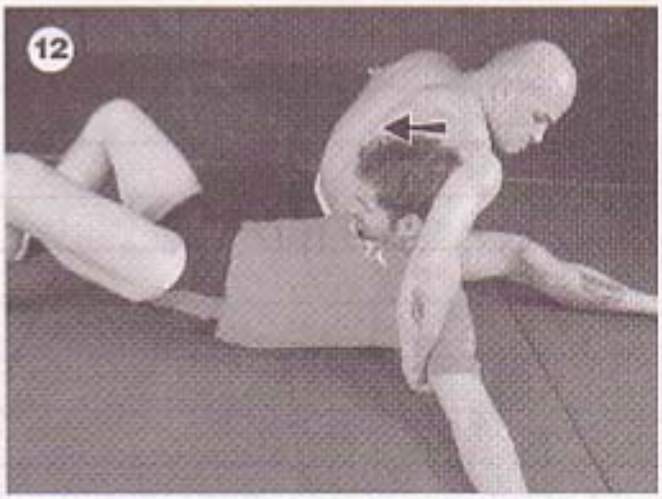
Another move you may want to do is this.



Bring your legs over to his right side and slide your right hand under his armpit.

Now slide your right leg forward.

This is a very strong position.



Lean your body back, putting weight on his head, to finish the crucifix submission.

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Chapter 2

Arm and Wrist Locks

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BIG BOOK OF COMBAT

Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

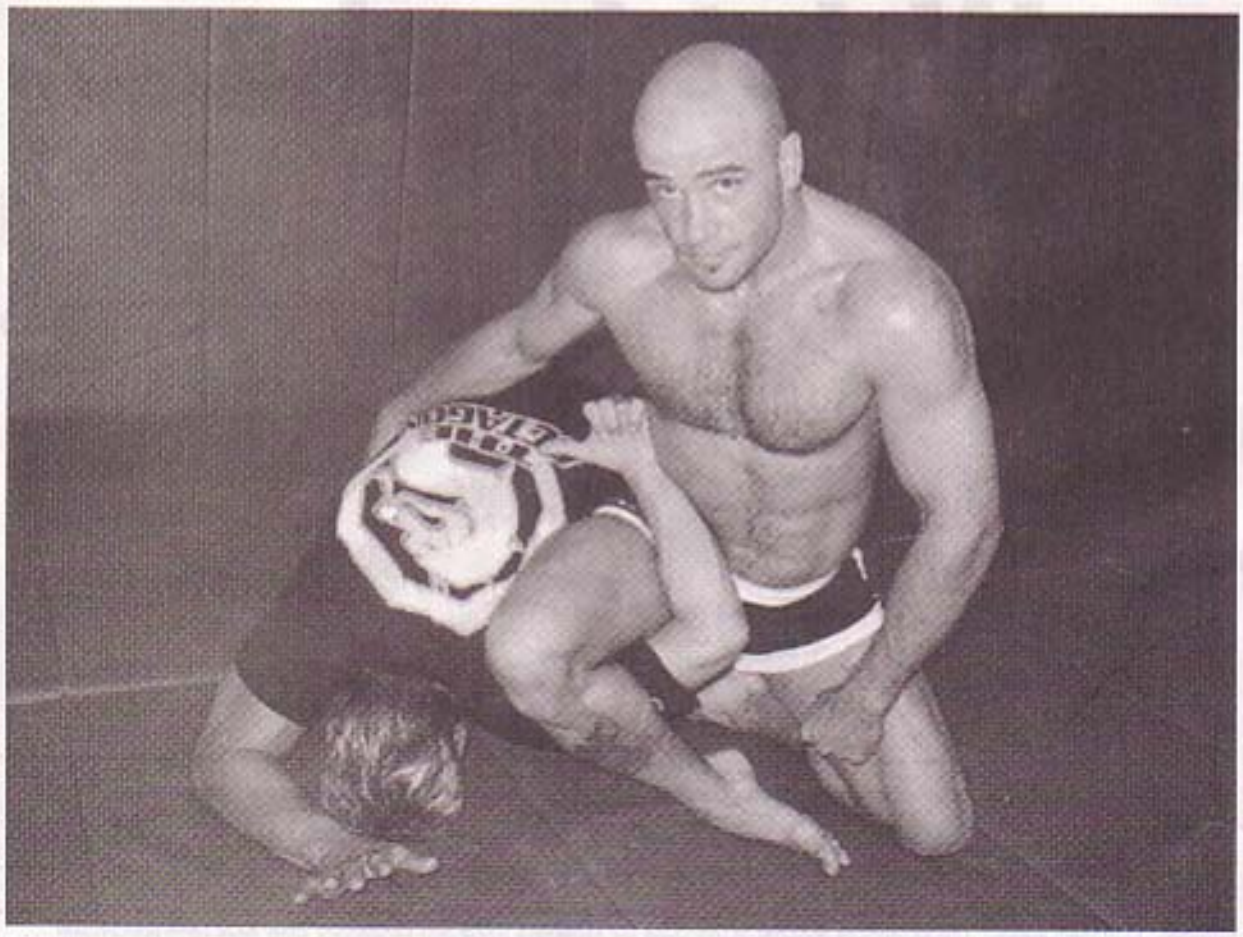
Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.

Armbars, Arm Locks and Wrist Locks

The upper limbs are what we are going to examine in this section. These extensions of the upper body, the arms specifically, are a great target to go after for that fight ending submission. The object is to bend the limb in a direction it is not intended to go in order to force your adversary to give up.

One note on training with these and all the submissions in this book: BE CAREFUL! Your training partner is a valuable tool that you need to improve yourself. If you injure him or her by going too far and/or too fast then you have to train by yourself. And I don't know about you, but I have never heard of effective solo training in grappling or submission wrestling.

Arm bars are effective especially in the beginning of the fight when you and your opponent are not sweating yet. The more sweat on the body, the more slippery it becomes and the more difficult it is to



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apply an arm bar, especially the straight-armbar. Of course when you have a perfect arm bar it will work. If, however, your opponent knows how to escape and his body is very slick from sweat, it will be much more difficult. On the other side of the coin, armbars can be difficult at the early part of the fight if your opponent is physically very strong. If you can't submit him early because of his strength don't waste all your energy by trying. As he becomes fatigued while the match progresses it will become harder and harder for him to power out of your submission attempts. Then you will be glad you kept your own energy reserve as you slap on that armbar and his misuse of his own power will have betrayed him. Fatigue sets in and you've got him, he taps out!

Another thing, when you are in a mounted position and striking is allowed, just stick with strikes because that will be more difficult for him to escape from, as opposed to if you went for a straight armbar (from the mount). In my opinion, if you are in side mount it is better for you because from that position you have a better control. Figure 4's (keylock) and reversed figure 4's (hammerlock) are always good to try from the side mount because you won't give up a good position if those fail. If you go for an armbar from the mount and miss, you give up a fight ending position and he can gain a good position such as the guard.

Sometimes I even give somebody my arm, he then will go for an armbar and that one I will escape and get the better position. Same as in the other chapters—learn what you can do if your opponent escapes an armbar. What can you attack him with right away after he gets away? So combinations are the key here. An example is: you are in side mount and you go for a reversed figure 4, he rolls out and then you can go for a straight arm bar right away. See? Just keep combining.

Make sure that you always have good control of the arm and wrists, it will be far more difficult for him to escape.

I also like wrist locks and as you will see, I put some in for you to play with. They are very effective if you apply them the right way.

Good luck!

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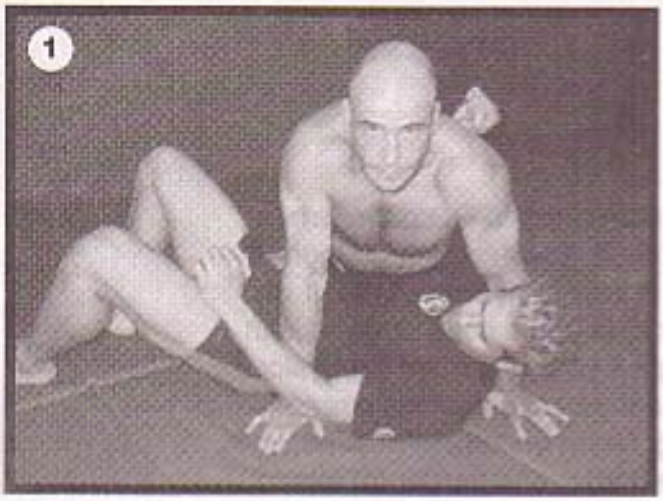
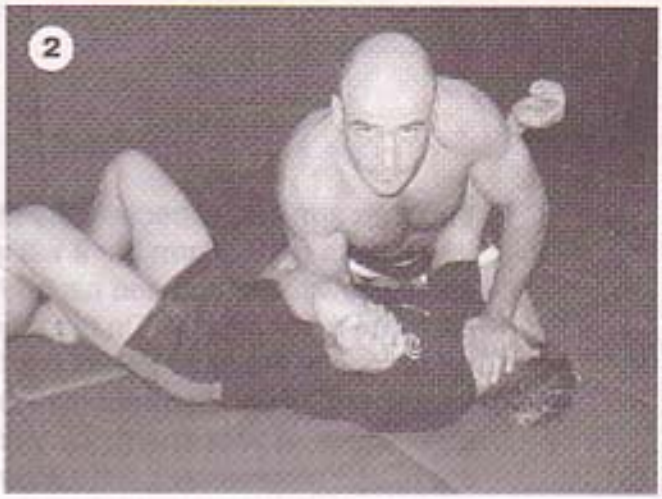
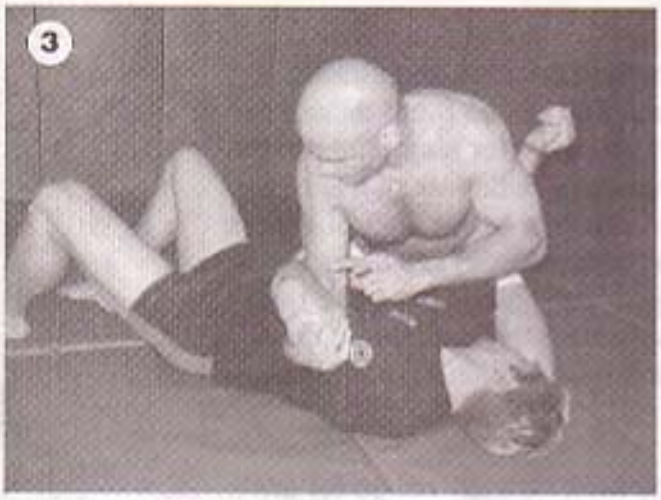


Arm Bar: Begin in the side mount, posting your right hand inside his left arm.

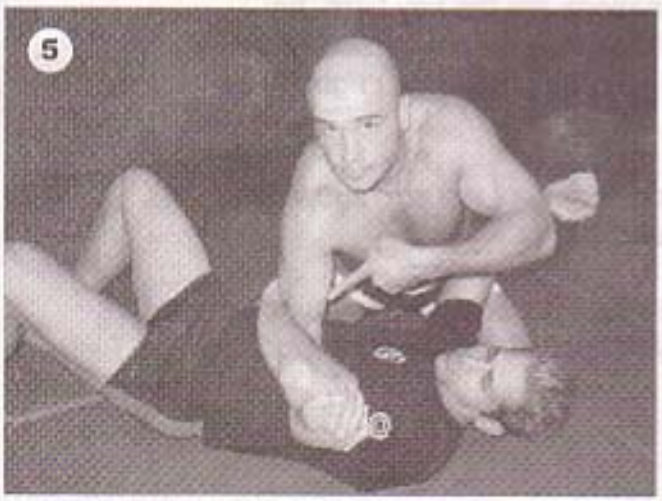


Grab his left triceps from underneath with your right hand.

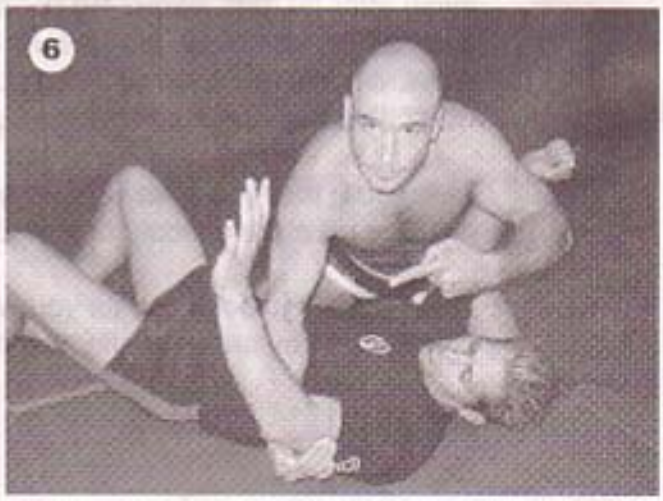


Push your right elbow on his ribs.

Cross face his head to the right with your left hand.



Note that if he stretches his left arm around your arm he can escape.



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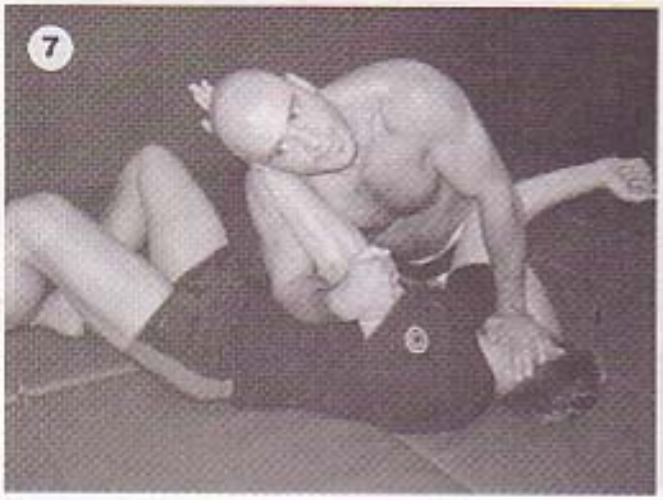
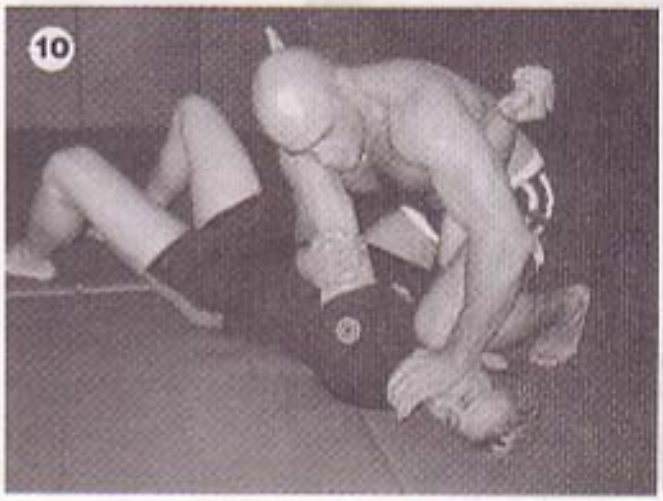


Prevent the escape by pressing your head on his hand before he passes your arm.

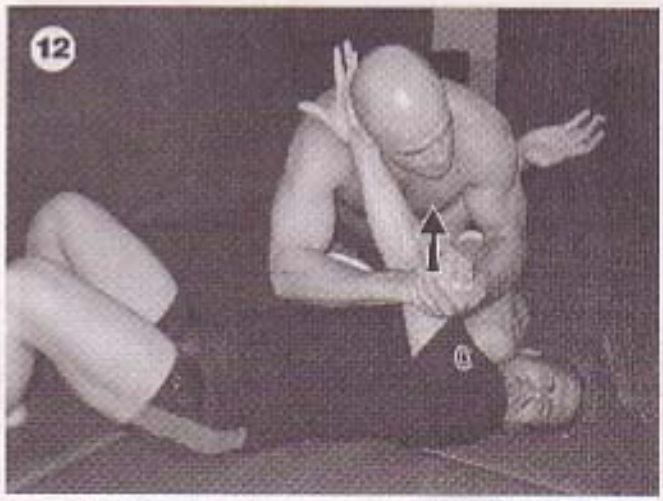
Keep his left arm straight and move your left hand to his right jaw.

Now push his face over to the other side.



Put your left knee on his jaw so he can't roll out.

Apply the arm bar by pulling his elbow in with both hands.



Make sure the pressure is directly on his elbow as you pull in.

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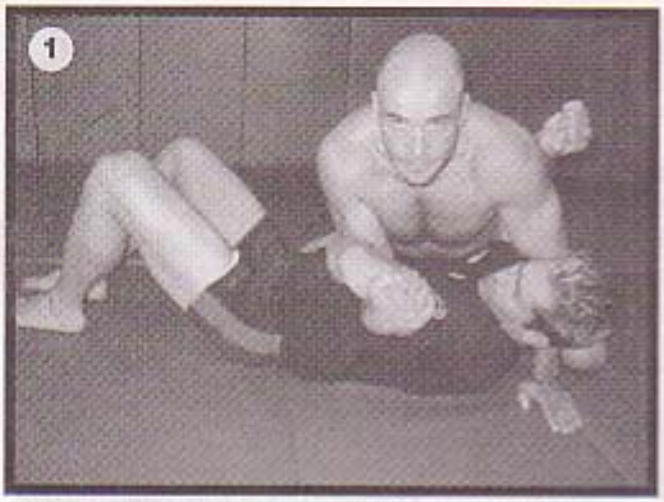
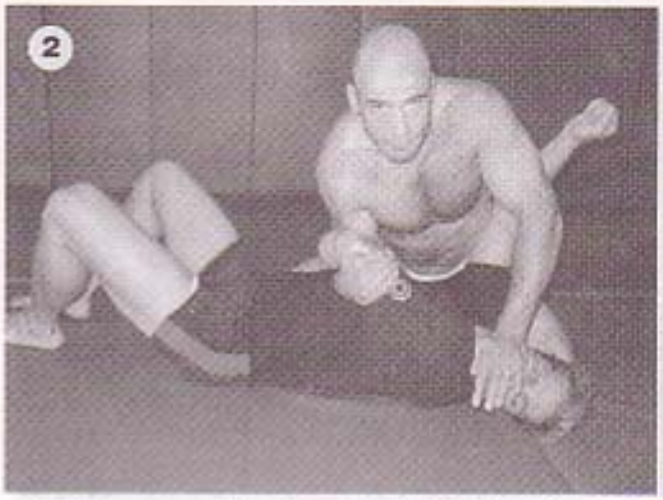
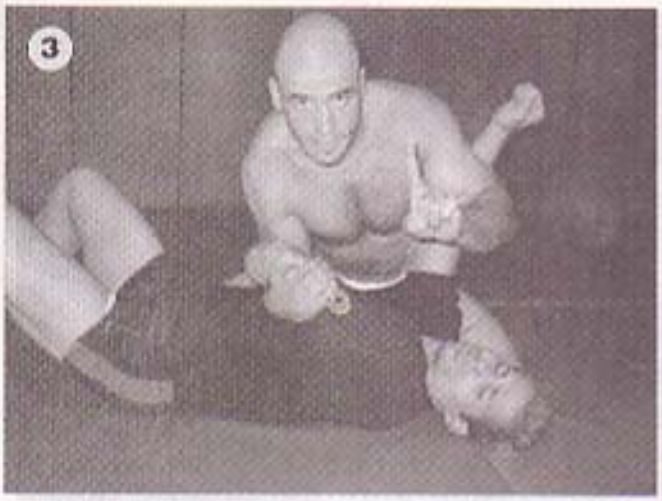


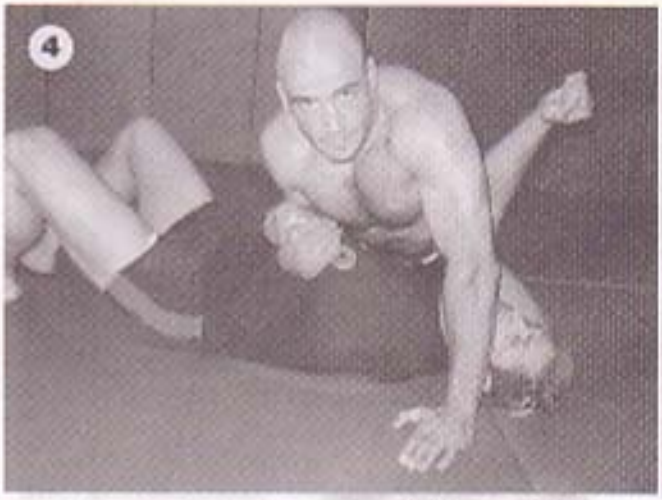
Arm Bar: Grab his left triceps with your right hand, with your elbow on his chest.



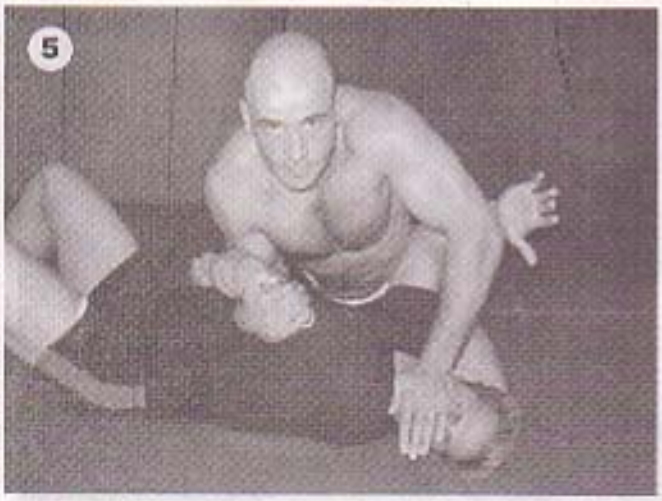
With your right hand, pull his body up as you push his head to the left.



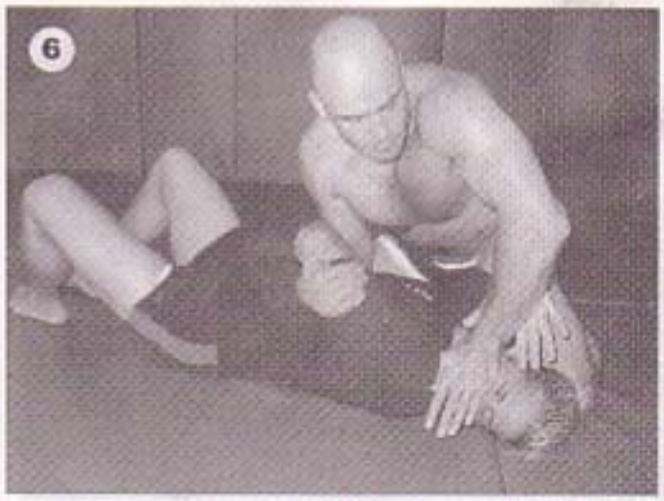
Now watch this!



If I were to just put my left hand here he would feel pain.



So when I push his head to the left, the pain is worse and he will likely tap.



If he does not tap, but instead tries pushing my left arm away, do this...

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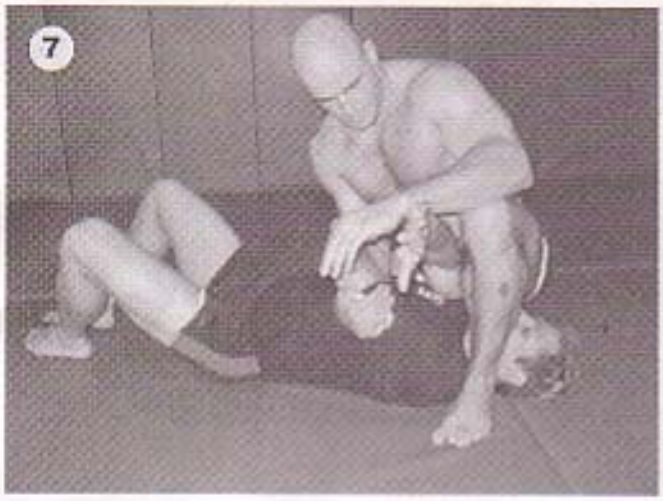
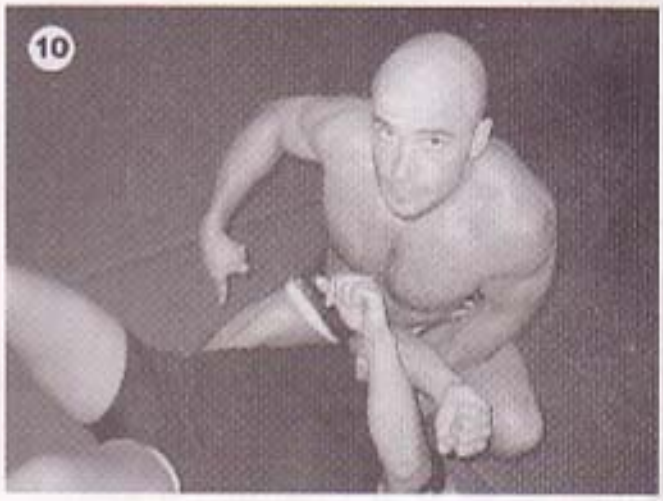


...as he pushes, stay low and step over his head with your left foot.

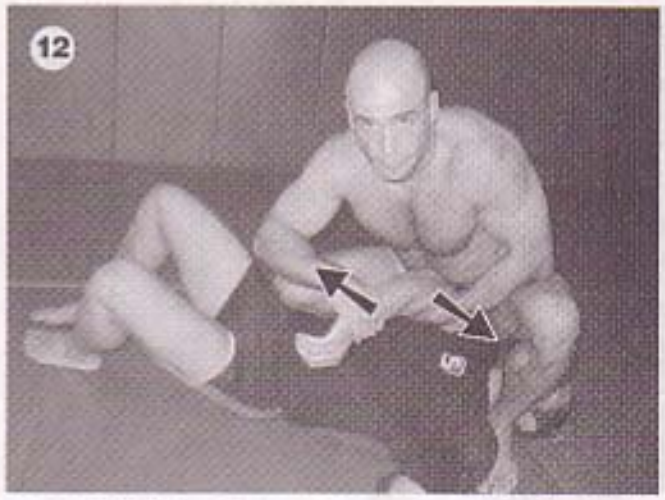
Grab his right biceps with your left hand.

With your right hand grab his left triceps. Pull both arms to you, so he can't escape.



Your right knee will come up.

Put your right knee on his side for control, keeping your butt to the ground.



Let his left arm go and grab his right wrist with your right hand.

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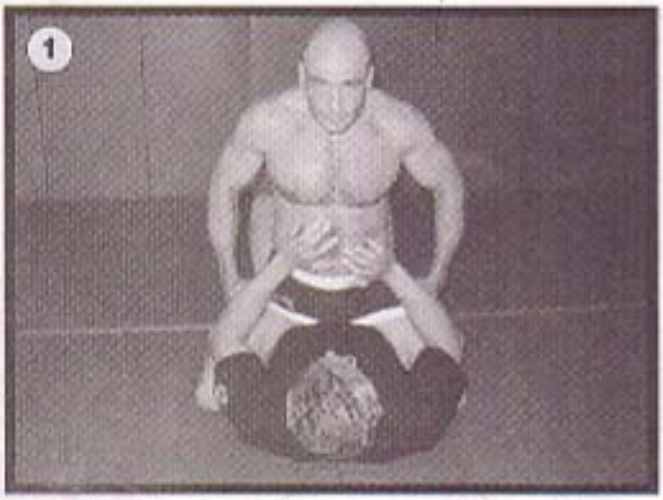
Drop back to arm bar, controlling his right wrist by pressing it down.

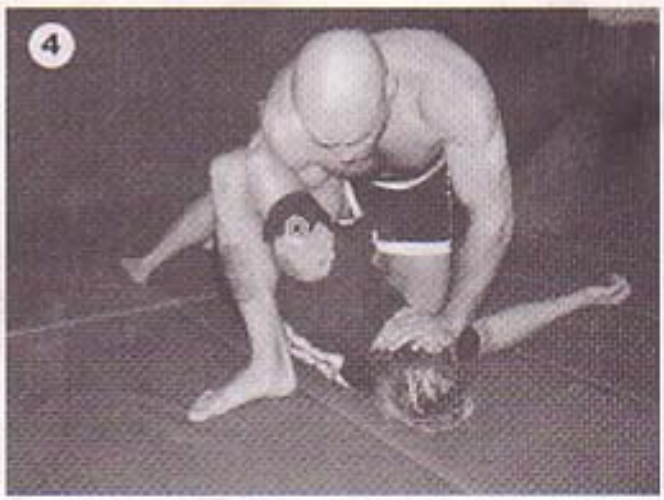
Secure his arm between your legs then simply bridge and he will tap.



Arm Bar: Start in the mount position.

Go low to the right, catching under his left shoulder with your right hand.

Step up on your right foot pulling his shoulder up as you push his head down.



Move your right leg in tight to his left arm.

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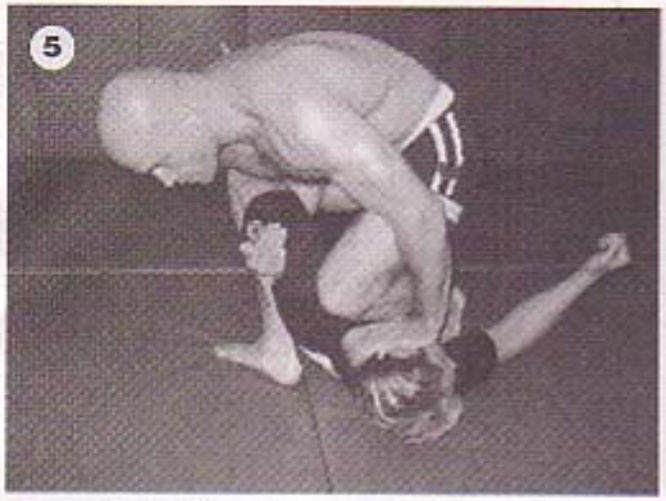
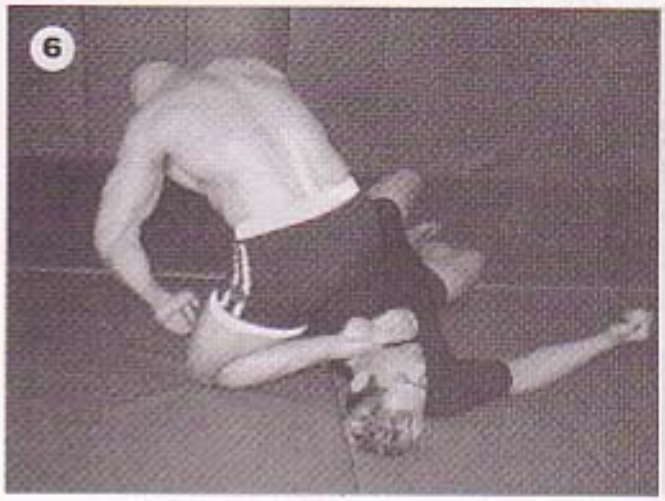
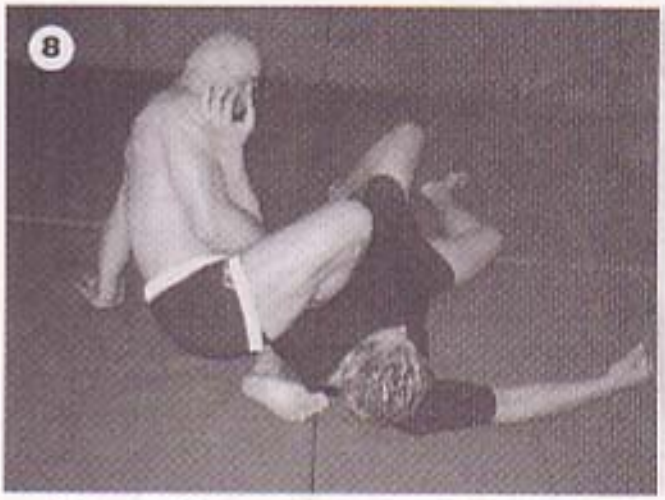


Turn right, bringing your left knee forward.



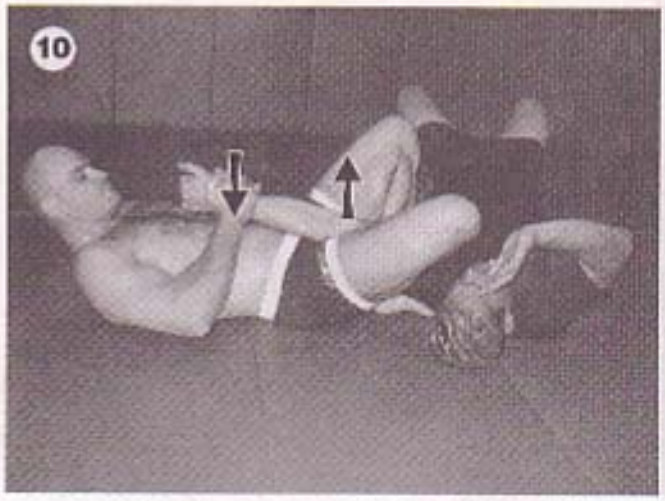
Keep turning right while stepping over with your left knee.

Note: while turning I am constantly pulling his arm to me.



Keep pulling and turning his left arm.

When turned fully, drop back with your right leg locked over his left arm.



With his arm secured, bridge up against his elbow to finish.

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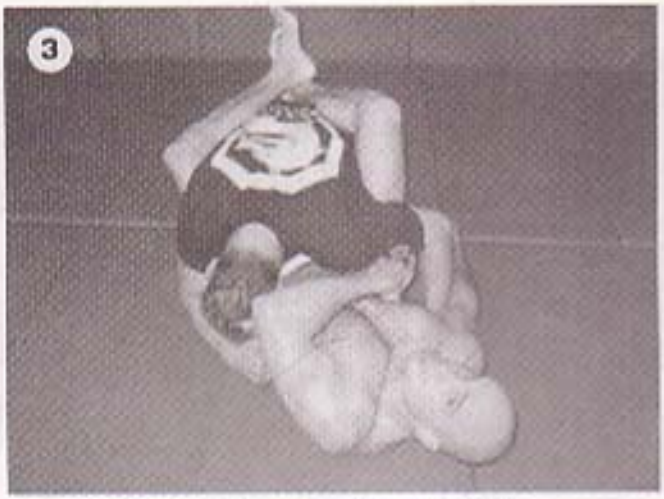
Arm Lock: We start with the opponent in my guard position.

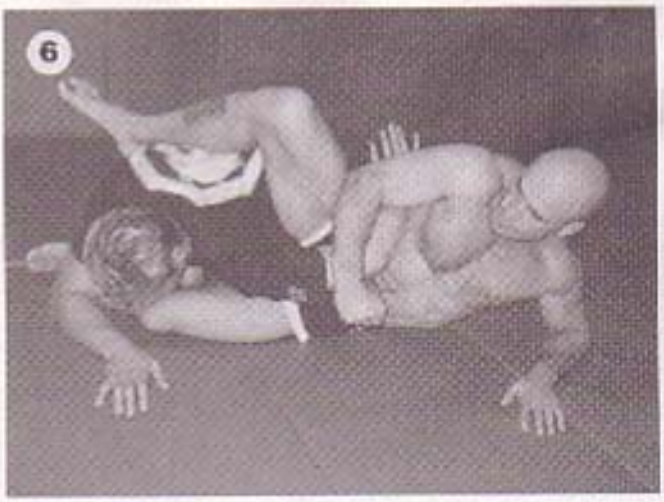
If he comes in low to the right side like this, watch carefully.



My first target is his left elbow that is sitting up and bent.

Hook the elbow with your right arm and pull back like a heel hook.

Turn your hips right, pushing his elbow down and to the left.



Post your left hand on the floor while keeping pressure on his elbow.

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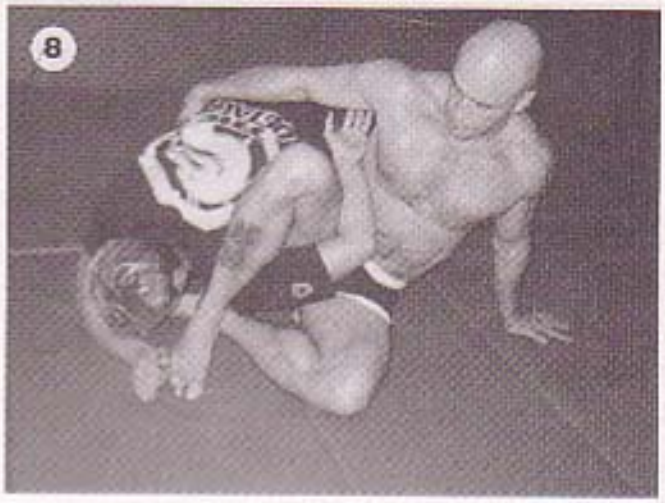
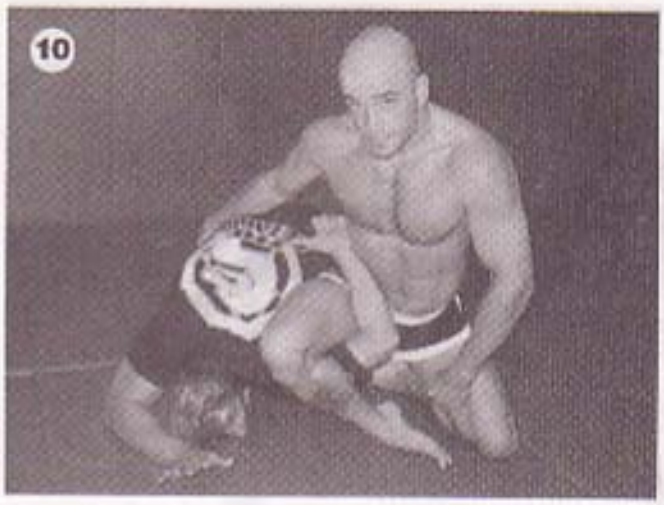
Slide your right leg over his left arm for control.

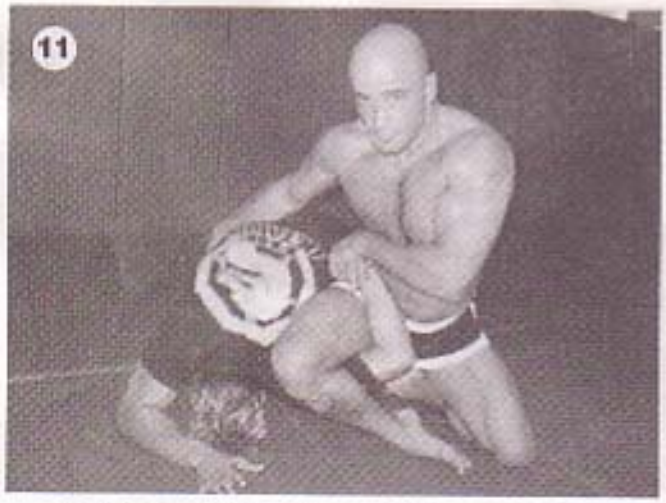


Skip your hips out a little to create more space. Immediately hold onto his body.

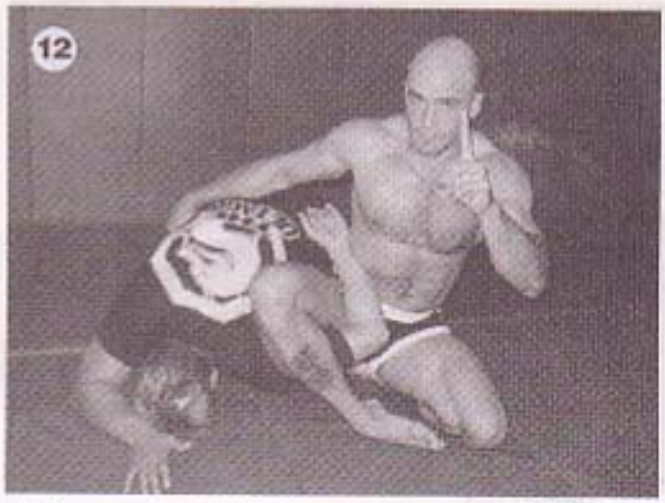
Sit up making sure he cannot stretch his left arm out to escape.



Hold his body with your right arm the whole time. Now, to finish him off.



Hold his side and push his arm down to complete the submission.



If you do not control his body correctly like I demonstrated...

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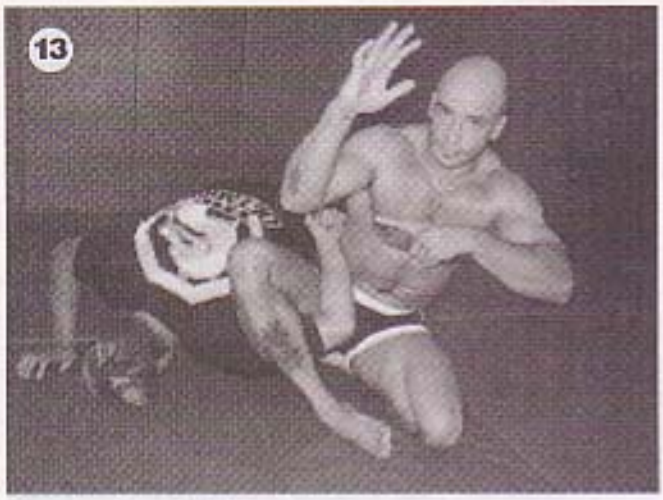
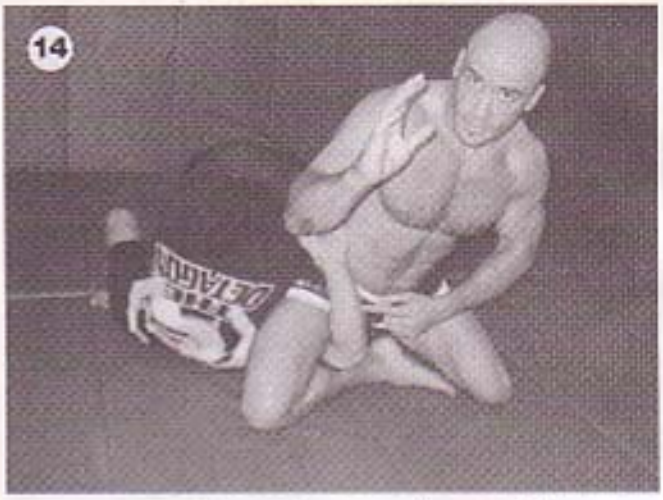


...he will have a chance to escape by rolling out of the hold...



...and you have a chance of loosing the control.

The mistake has cost you a submission...

...and he is free.

Arm Bar: He has your back.

As he attempts to slide in a right arm choke, pull your shoulders up to defend.

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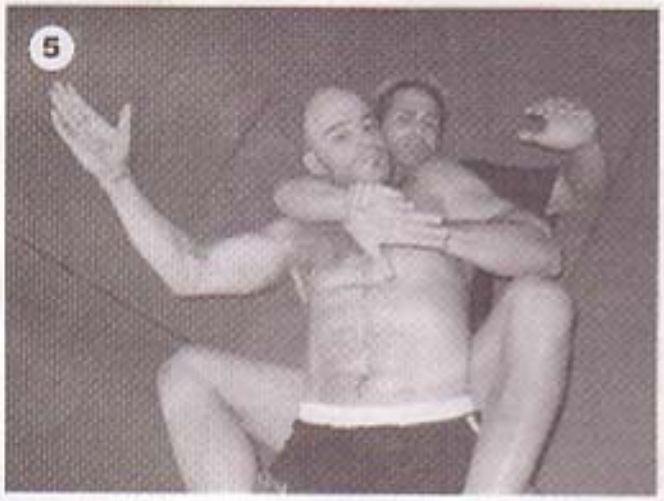
Grab his right wrist with your left hand.

Control his wrist by twisting it out like this.



With your right hand reach back.

Grab the back of your head with your right hand.

When grabbing your head, trap his right elbow between your head and right arm.

Keeping his right elbow secure, push his right hand left to finish the arm bar.

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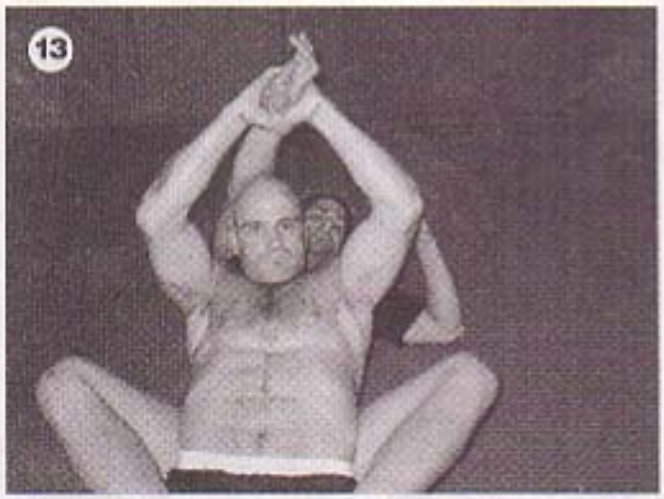
As you can see he is in great pain and will submit easily.

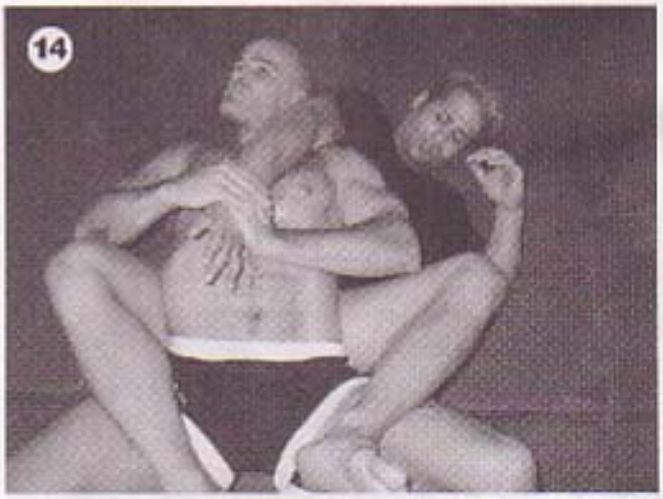
From this angle look at how I control his right wrist with my hand position.

Now what happens if his arm is too strong?

If you cannot finish him with this technique, then change position.



Bring his right arm over to the other side.



Bring your head up and push to the left.

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Keep pushing left and holding his arm for control.

Stay close and climb on top of him.

You have escaped and are now in his guard, which is a safer position to be in.

Training Notes

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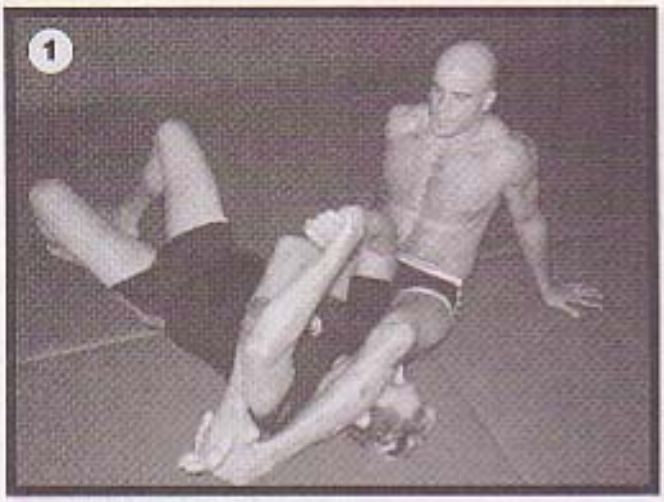
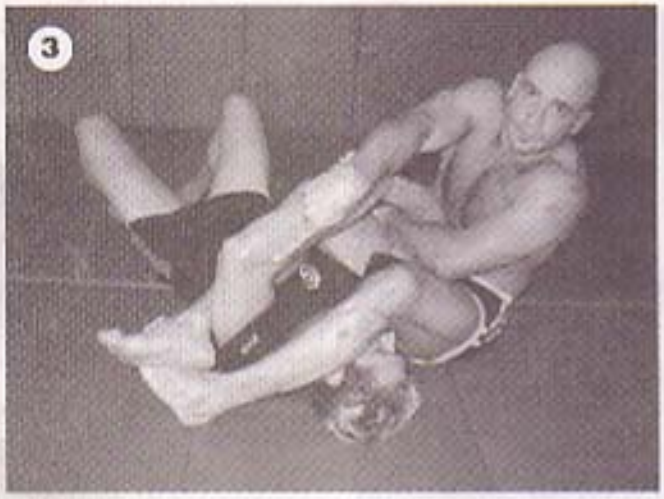
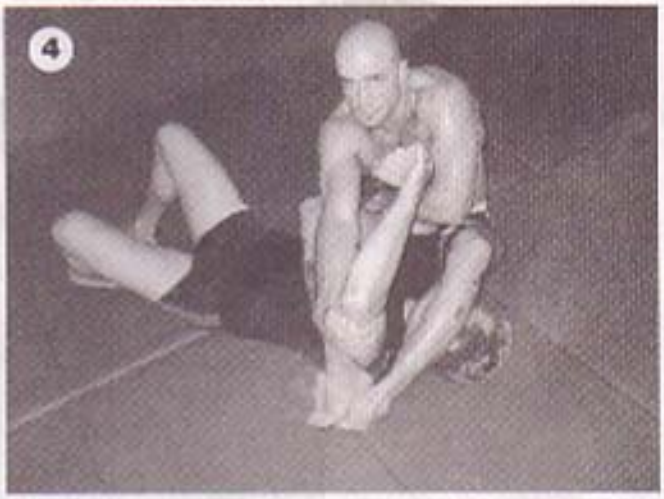


Arm Bar: I will show how to break his grip and arm bar from this position.

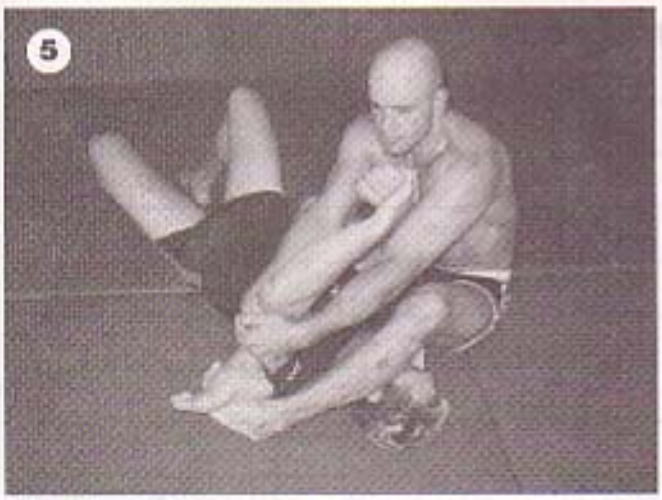
Bring your left arm under his right arm keeping your arm always there.



Now cross your feet like this.



With your right hand grab his left triceps.



Now grab his left arm with both hands.

Fall backwards and your body weight does the work in breaking his grip.

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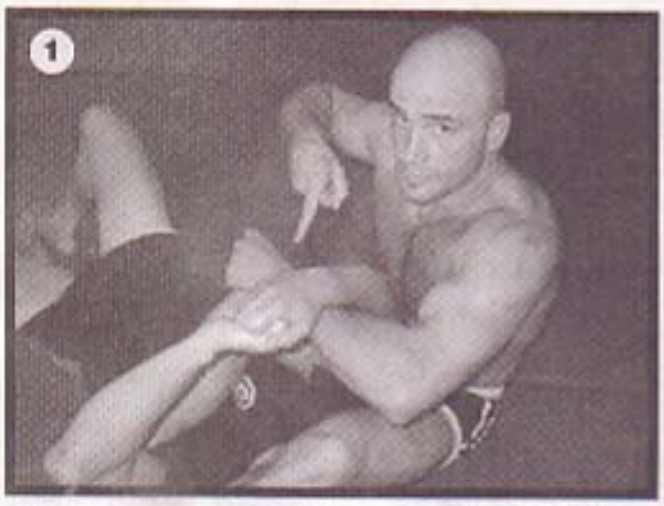
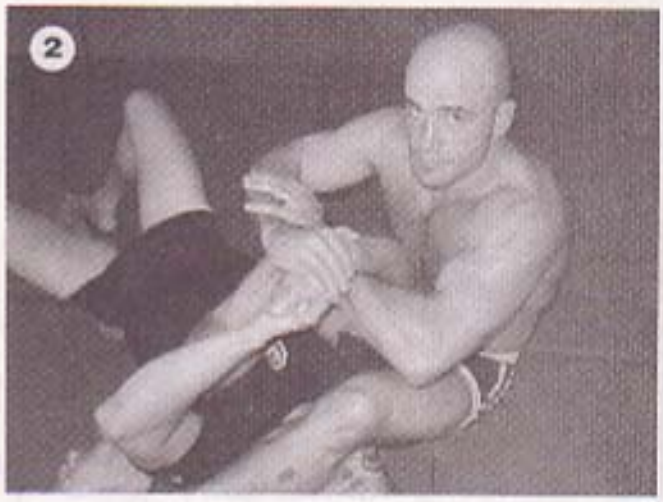
Slide your hands backward taking his right arm.

Finish by keeping your legs on top, feet crossed and bridging up.

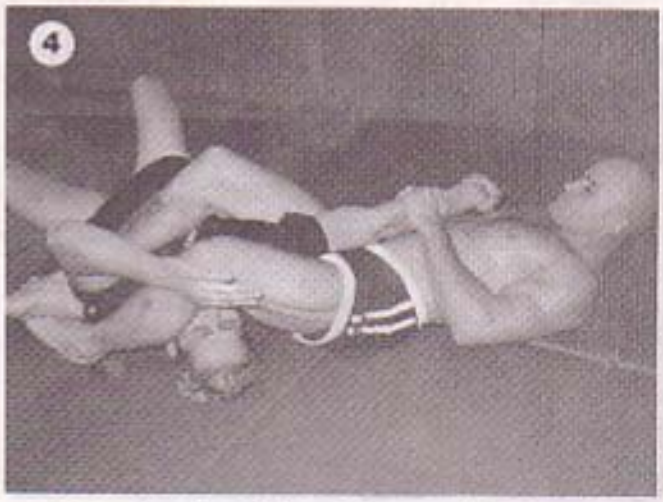


Another Arm Bar: Important Point! If you are lucky and his hands are like this...

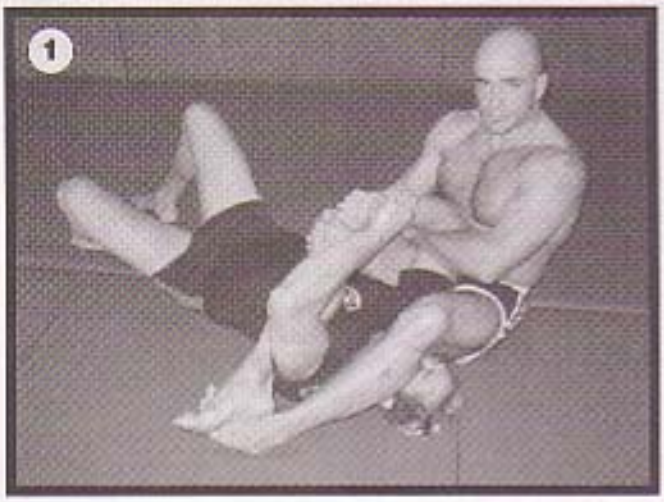


...grab his hands with your right hand, coming underneath with your left hand.

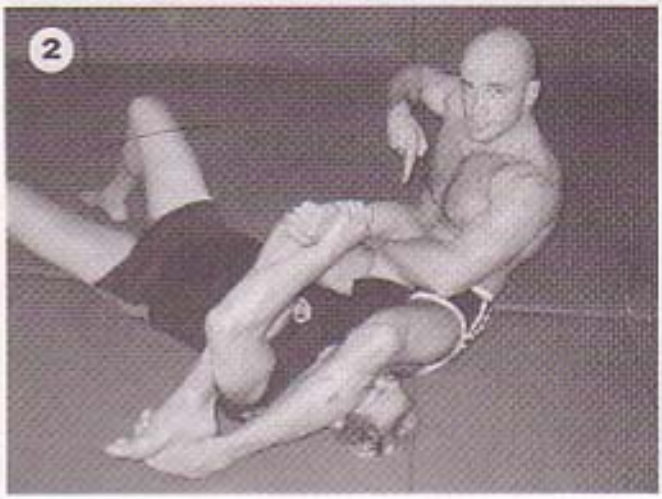
Grab your own wrist and push his wrist down to break his grip.



Drop back and arm bar until he taps.

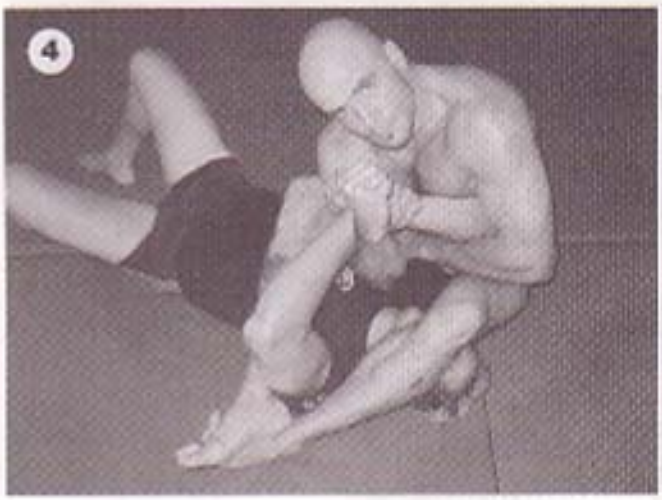


Another One: OK Guys, we start again in this common position.

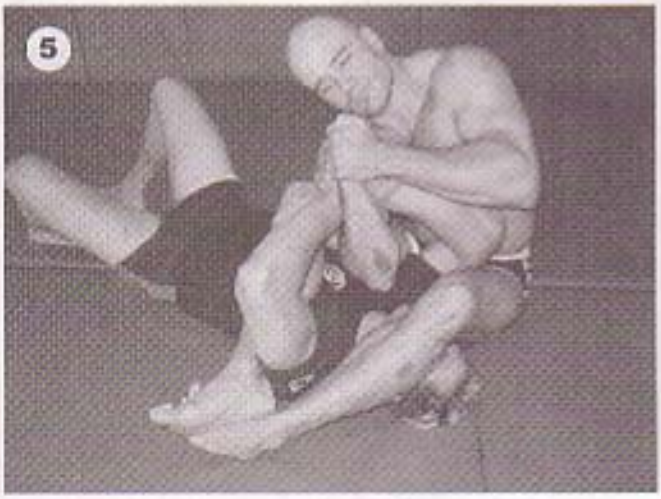


With your left arm under his right arm, you want to pull the arm to the left.

Pull the arm left like this, sitting up straight for control.



Make a fist with your right hand and stick it in between the arms.



Gripping your hands together pull your right arm to the right.

Look at the technique from this angle.

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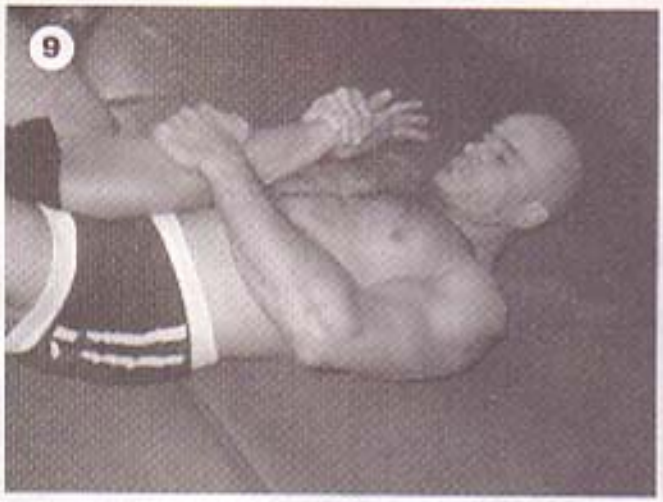
Now twist your body to the right.

Fall backwards, breaking his grip and pulling his arm straight.



Control the hand and arm like this and finish.

Now if you do the technique like this...

...with his elbow to your right side...

...you will break his hands, but...

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...you lose control and
he can roll out by going right.

By continuing to turn
you will lose your grip.

He has escaped and
goes for the side mount position.

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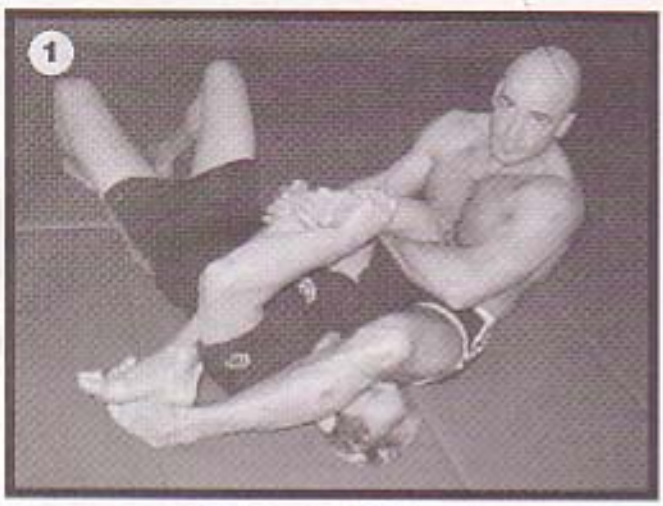
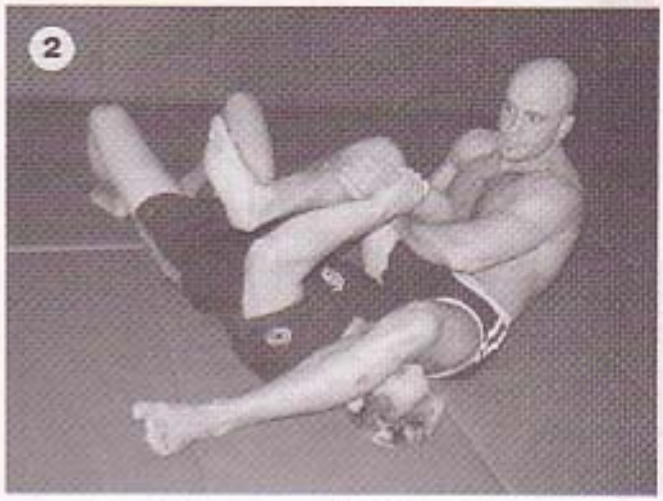
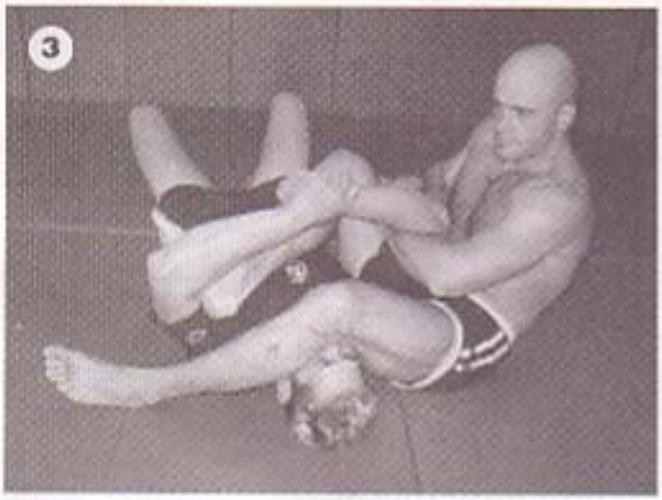


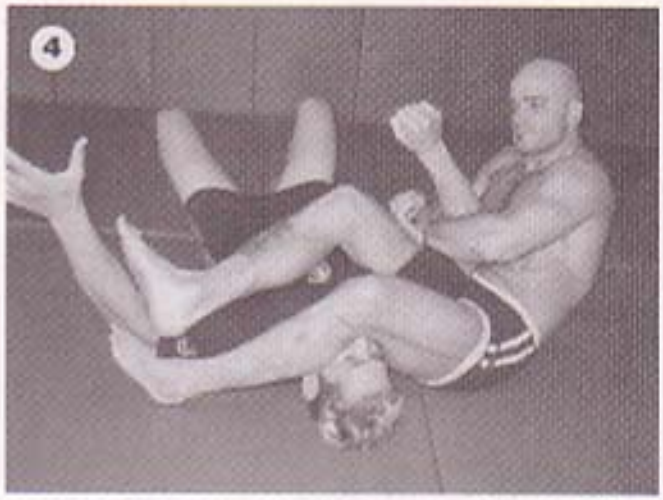
Another way to break his grip from this position.



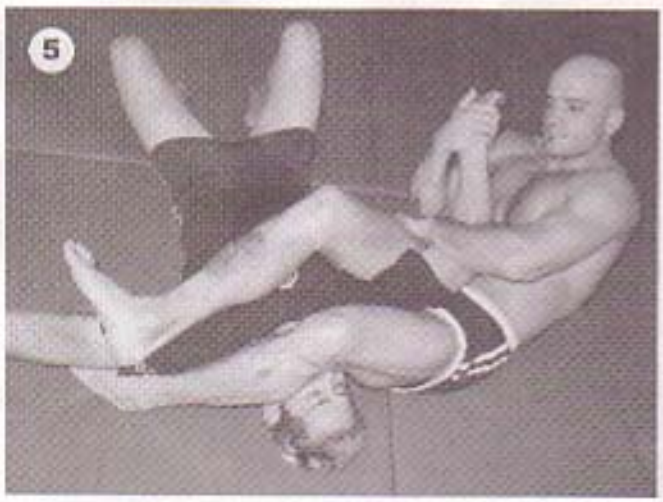
Bring your right foot up.



Place your right foot on his left arm and push.



With his grip broken you can take his right arm back.



Controlling the arm and keeping your legs crossed, drop back.

Complete the arm bar submission by bridging.

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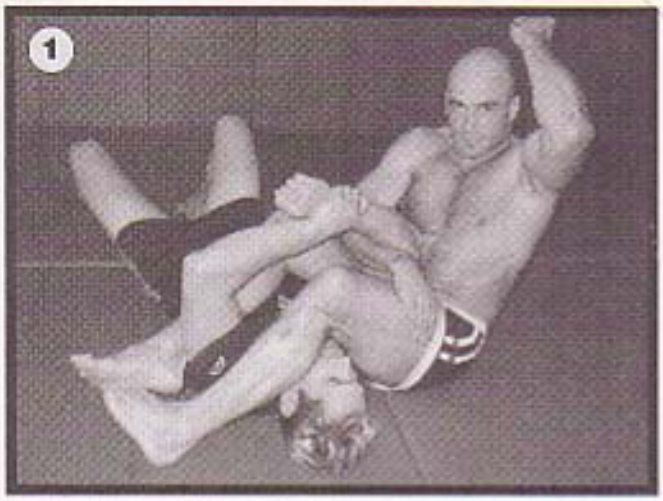
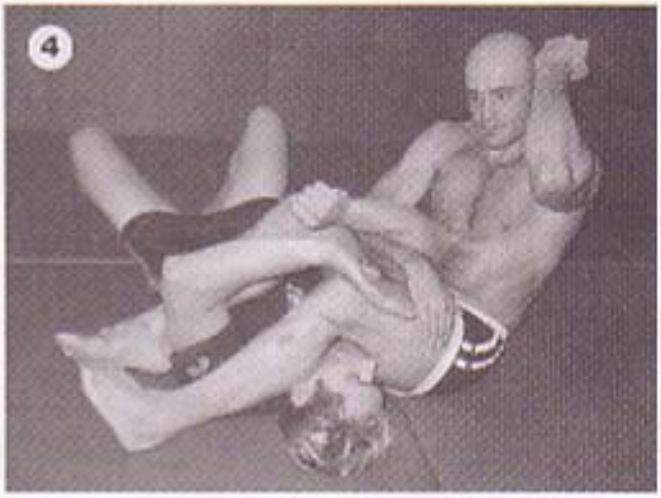


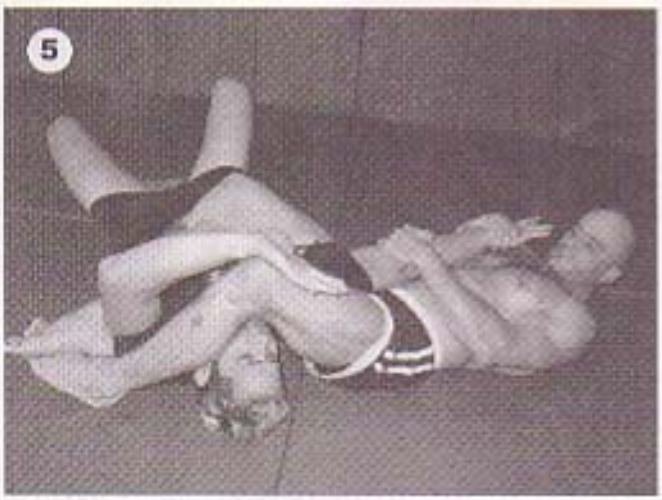
Strikes work very nicely in getting him to break his grip.

With your left hand back fist his face.

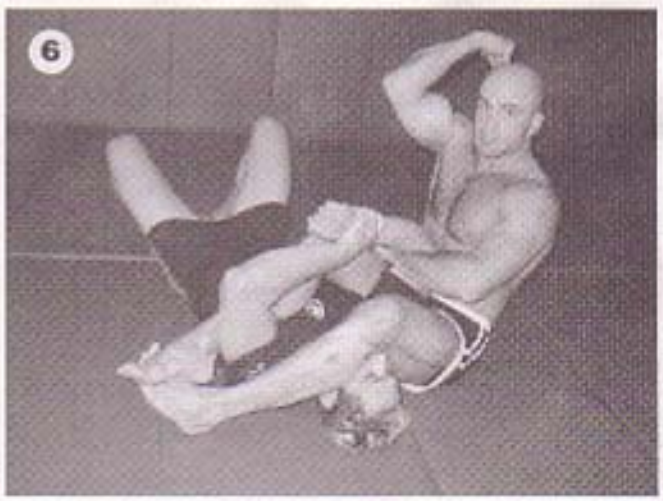
Strike with the knuckles like this.



When he lets go to defend...



...finish by pulling the arm back for the submission.



You can do the same to the body.

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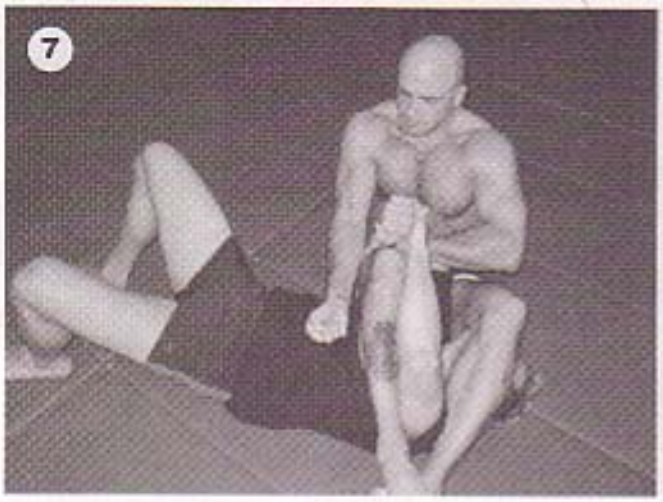
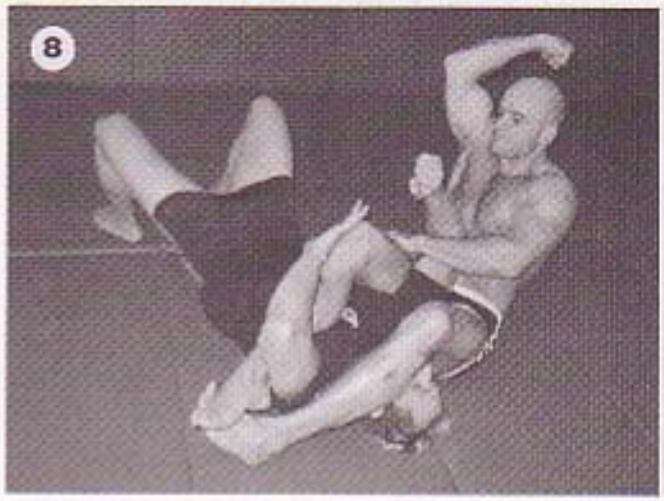
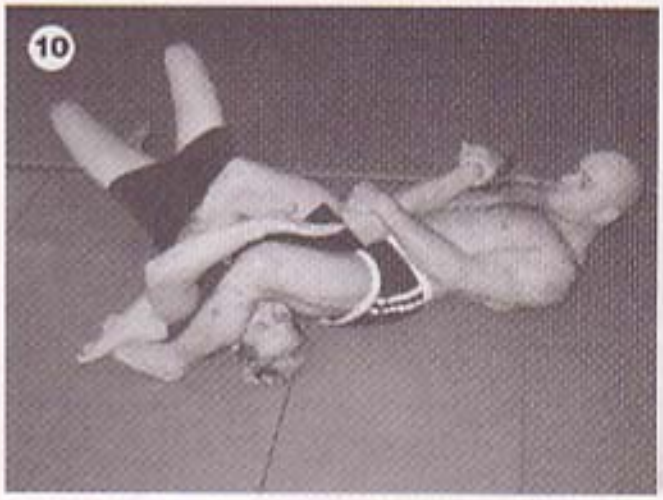


Strike with a back fist to the solar plexus.



Again he defends against another strike, freeing his arm.

Grab the hand and control his arm.



Fall back and finish the arm bar for the win.

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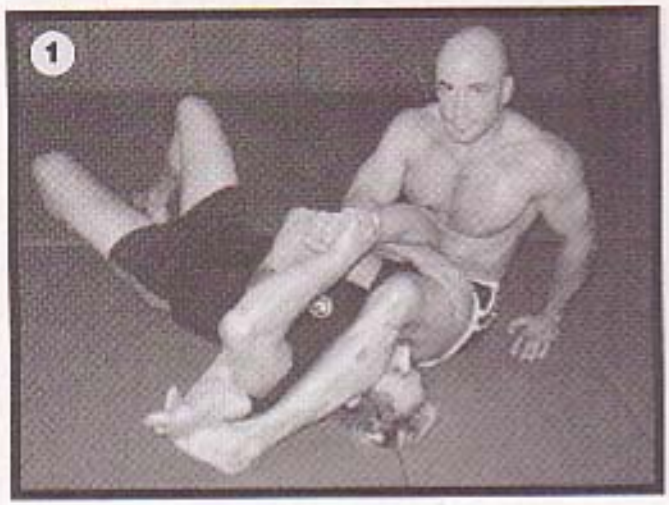
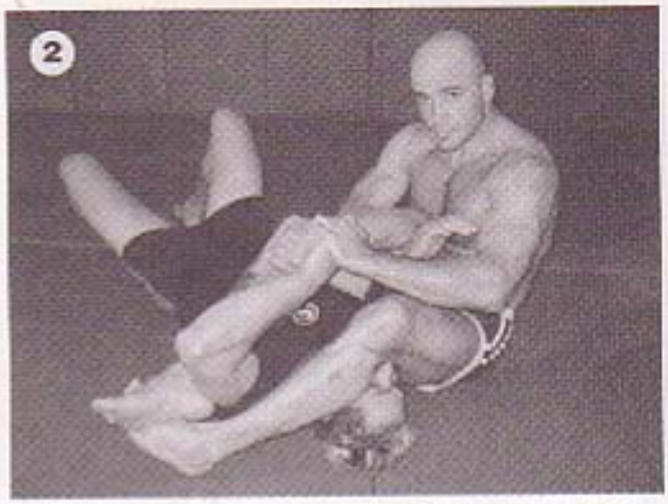
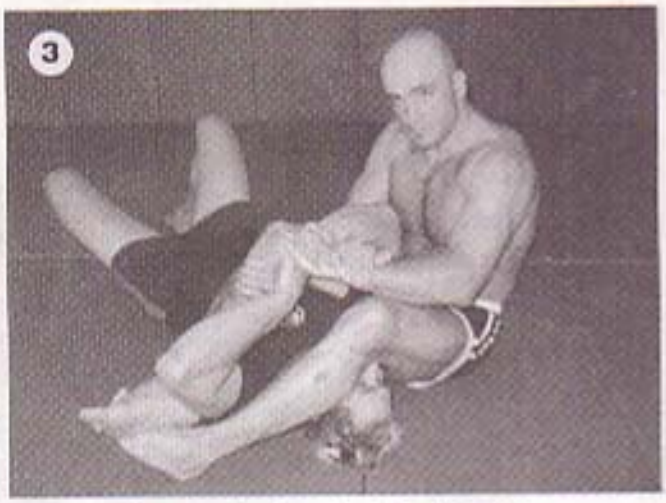


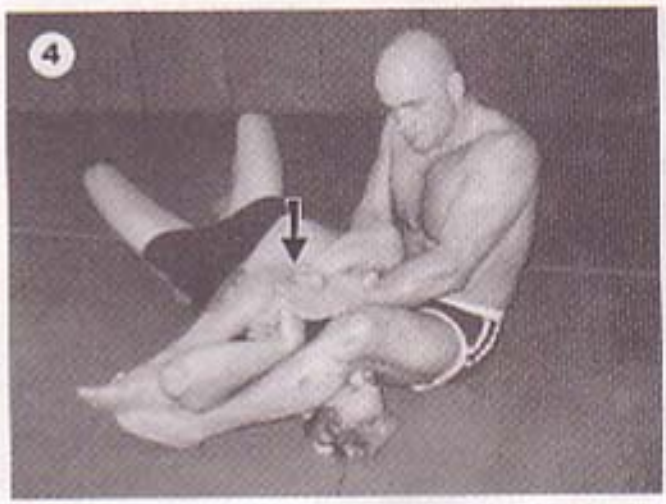
Scissors Arm Lock:
Start in this position.



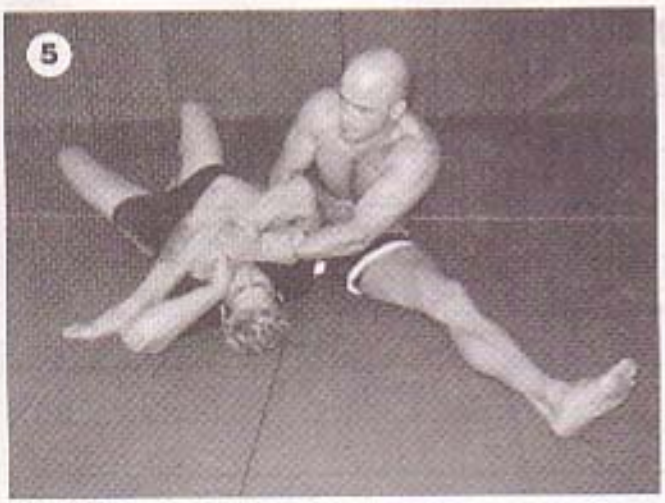
With my right arm under his right arm
I grab my left wrist.



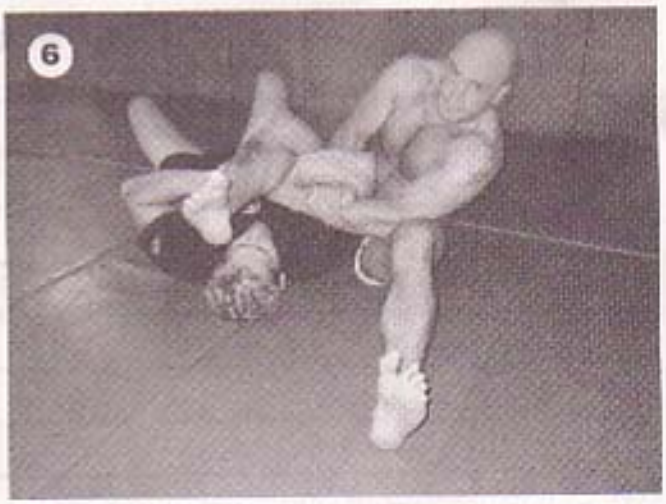
The technique looks like this.



With all my weight
I push down hard on his right wrist.



Now I slide my left leg out.



You now have room to bring your right leg
on top of his right forearm.

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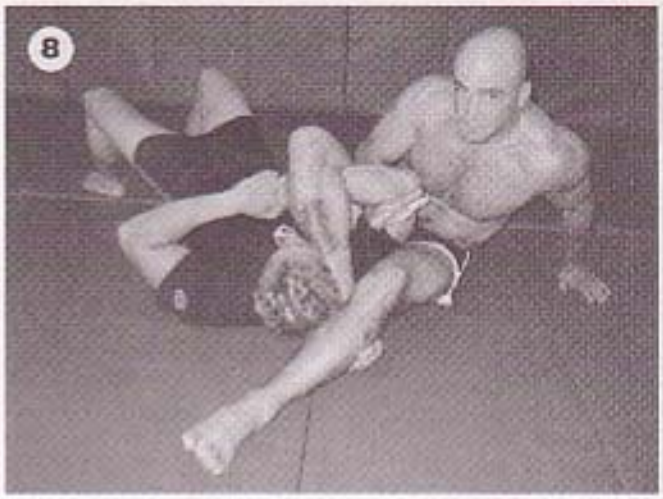
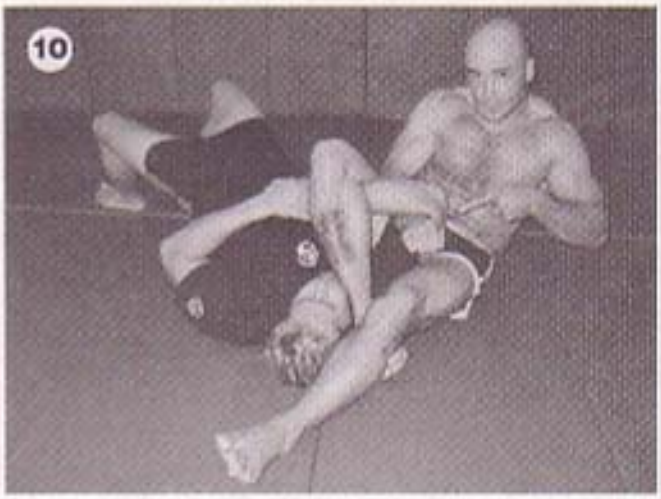
Keep a tight hold and...

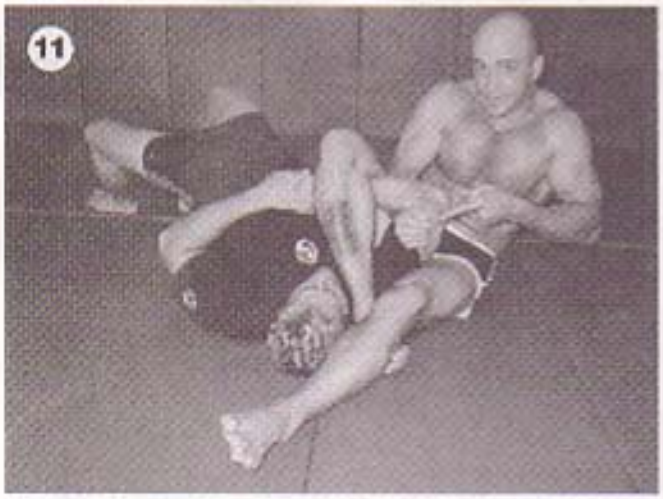


...hook your right foot behind your left leg.

With your right hand, grab your left biceps, fall backwards until he taps.



For even more fun you can twist your fist to the right to inflict even more pain.



If you support your right fist with your left hand, pulling and twisting it will also work.

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Arm Lock: The technique starts with the opponent in my guard.

Put your right foot out, like this, but go fast here.

Opening your legs, turn left, and slide your right arm under his right arm.

With your right hand grab the back of your head.

Fall back, controlling his right arm like this.

Cross your legs and finish the lock by pressing his arm upwards.

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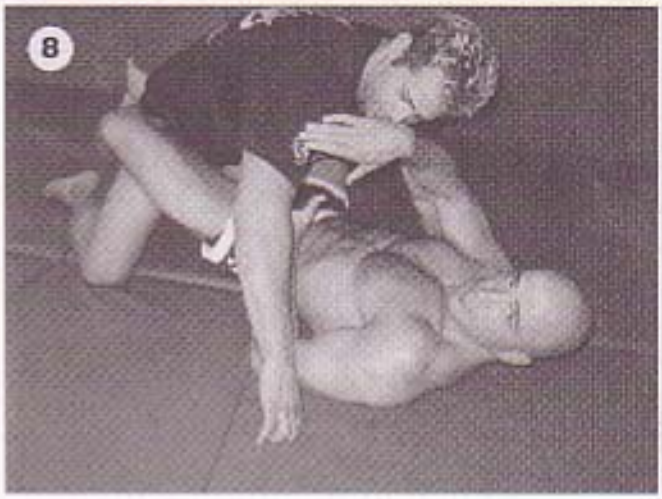
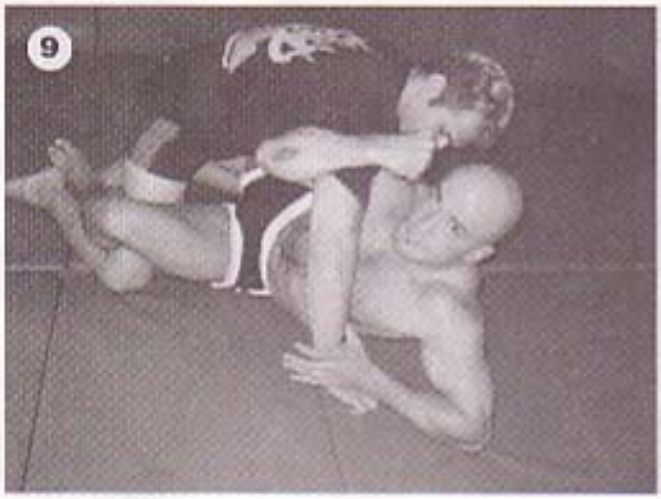
Now, if your opponent...



...has big arms and you are not able to reach your head...



...do the same move as before, but make a fist.

Simply drop back for the arm lock submission hold.

Keep your legs wrapped around him tight for control, as you push his arm upward.

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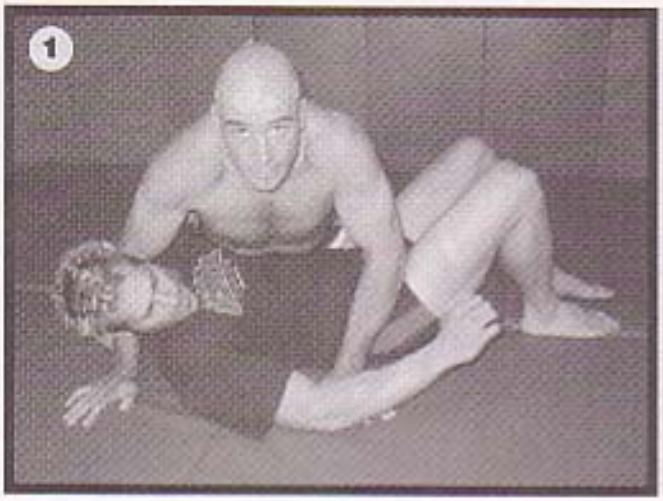

Arm Bar: Begin in the side mount position.

Push his right arm out with your left hand to create space.

Bring your right arm behind his neck as you control his right arm with your left.

Post your right fist on the floor bringing you right leg up.

Step in front of his shoulder with your right foot.

Sit up with his arm in this position and lean back to submit him.

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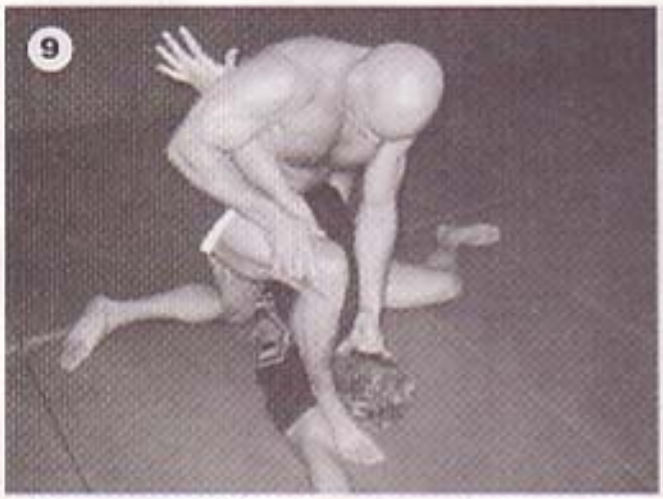
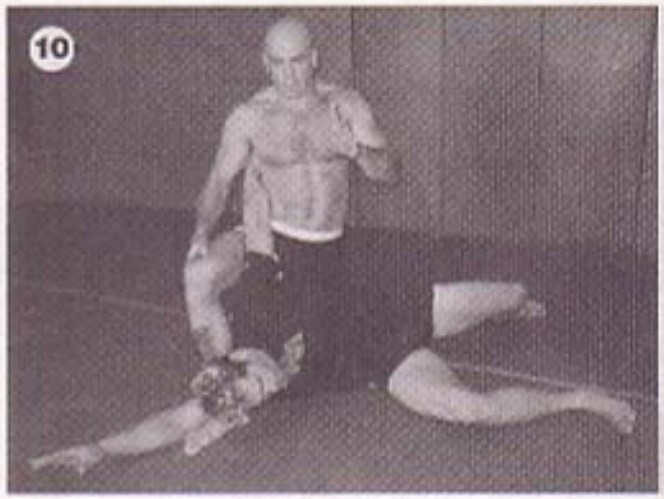
You also have good control to strike.

Hit the head or any other open targets.



Keep your right elbow pressing his arm tight so he can't pull out.



Another option!

Grab his wrist for an arm bar.

Fall back, controlling the wrist and pulling his arm straight.

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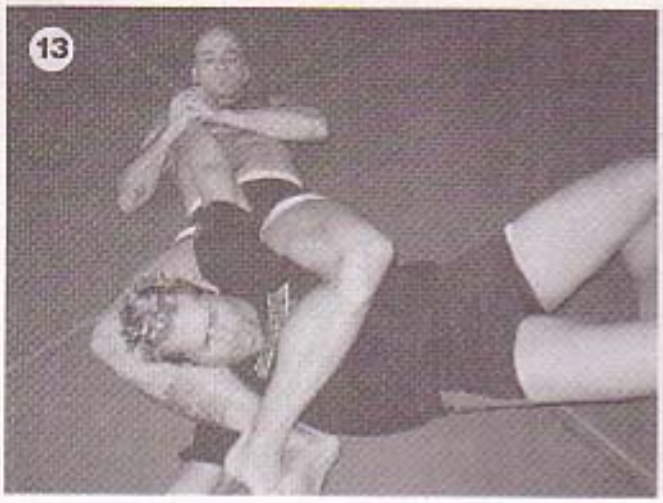
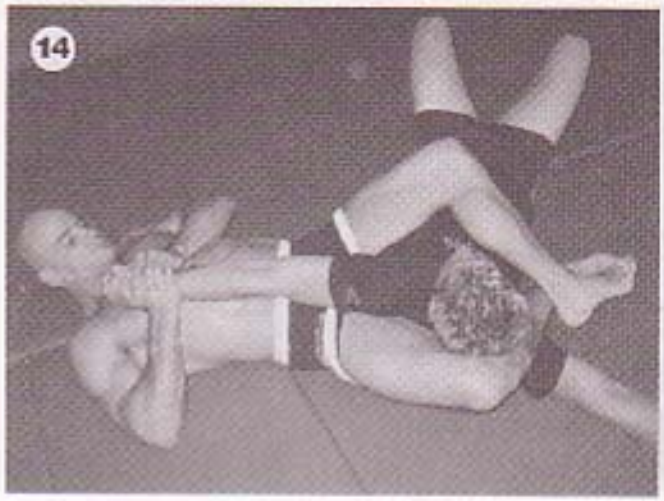
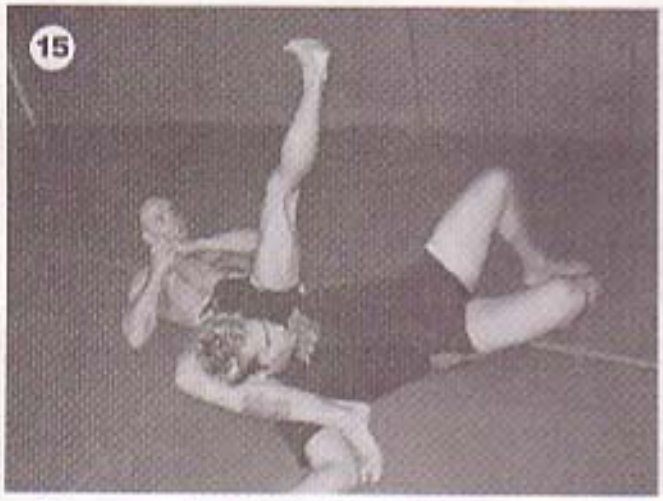


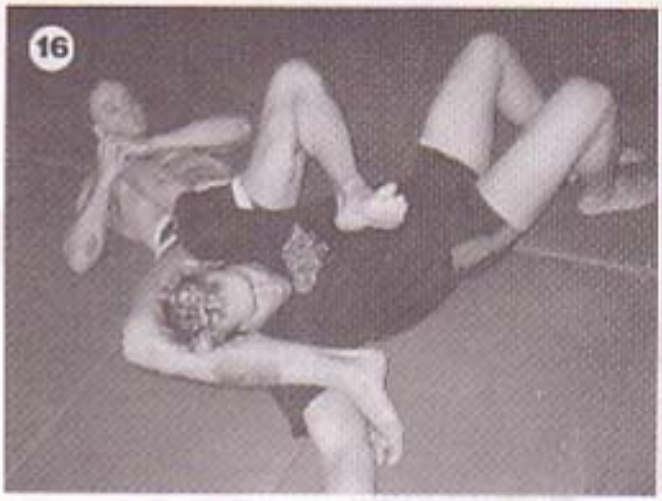
Bring your left leg over and cross your feet for control and leverage.



Bridge to finish the arm bar.



You can also strike him with heel kicks.



When heel kicking the body strike his ribs or solar plexus.

My favorite target is the head.

This technique will take him out no doubt. Great for a street fight.

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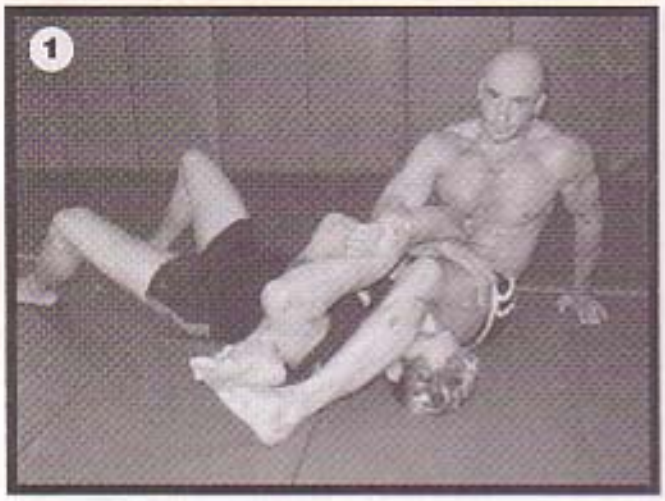
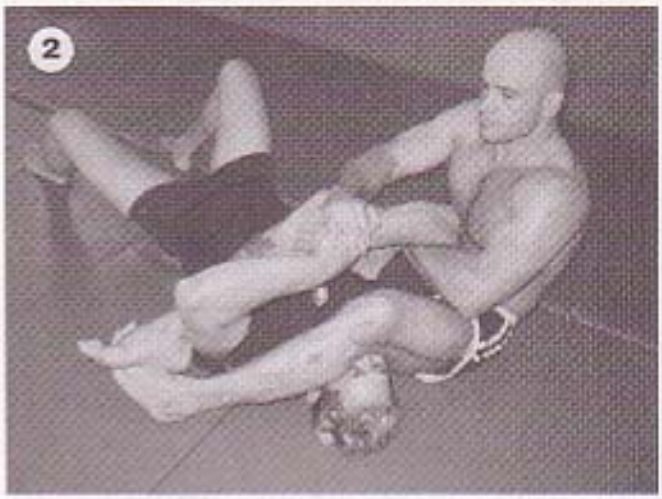
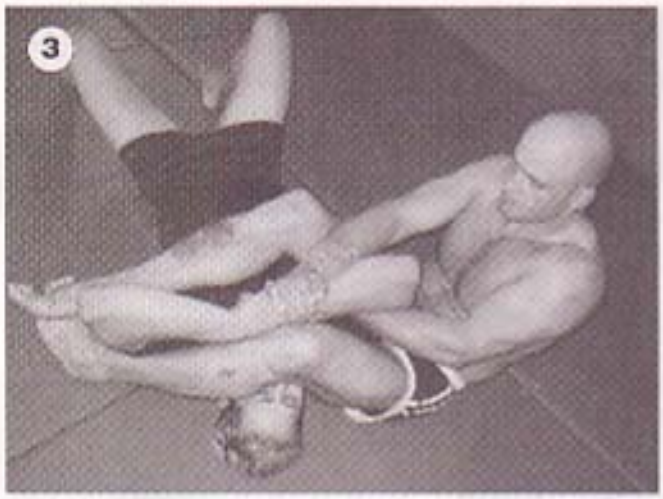


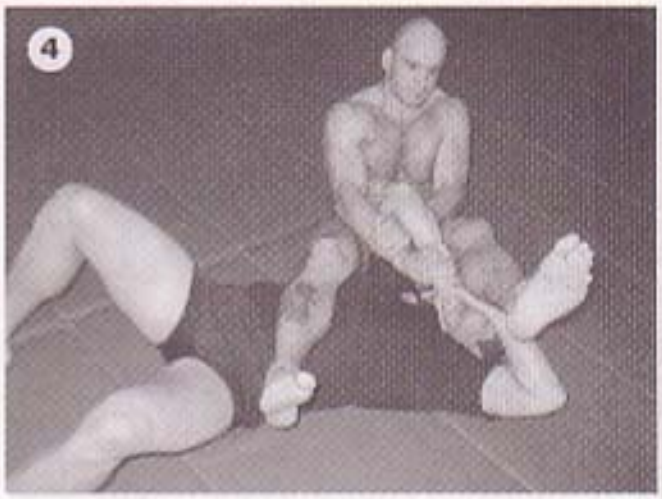
Scissors Lock: This technique is similar to the one taught earlier. Pay attention.



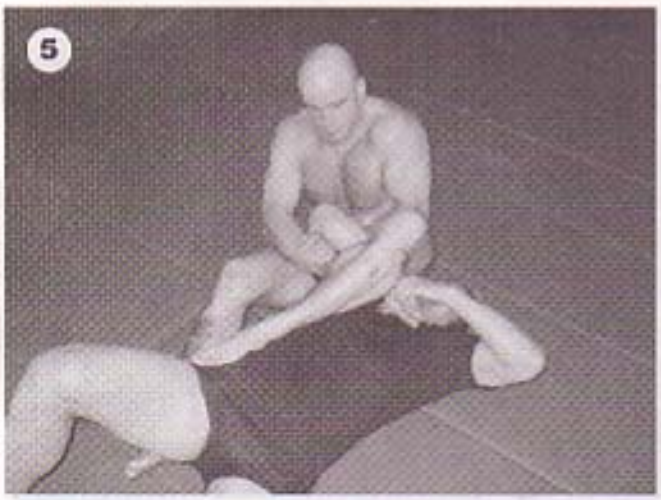
Switch your arms and grab his wrist.



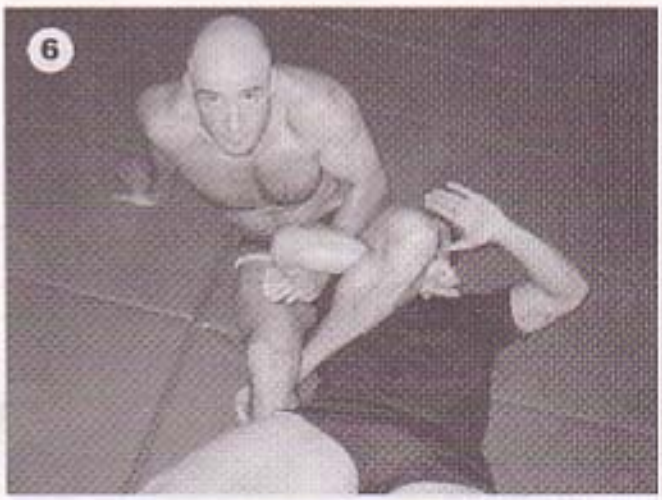
Grab your right wrist and push down to create space.



Throw your right leg over.



Bring your leg over his right arm putting your foot next to his side.



Put your right leg over your left foot like this.

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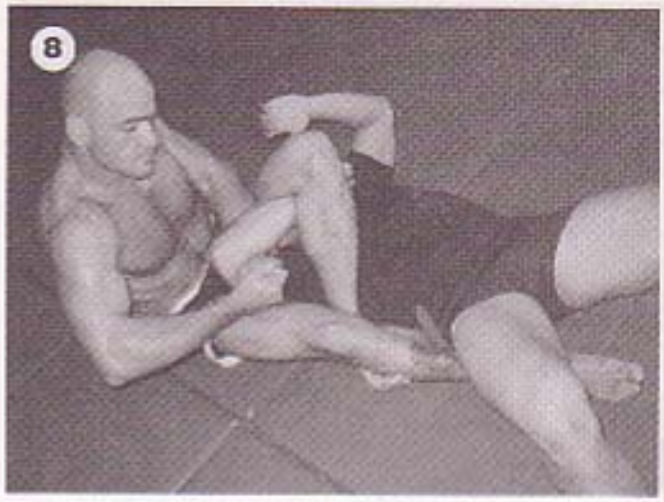
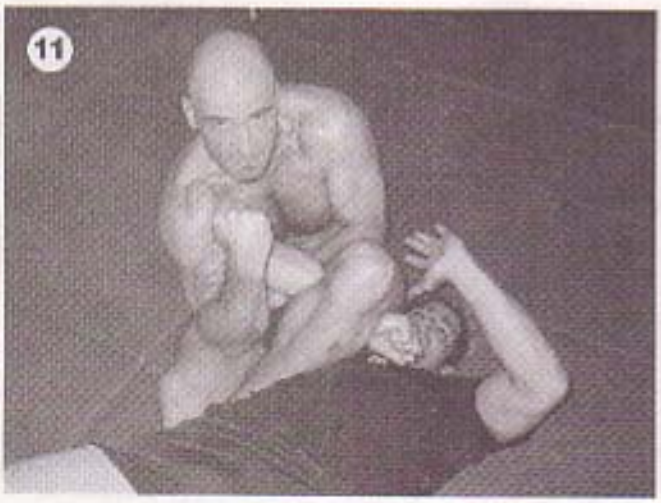
Look at it from the side view.



Grab your left hand and pull back for the submission.

Now for even more power!

Grab your right biceps with your left hand and fall backwards.



Pull your right shoulder back as you fall back. There is no escape!

Arm Bar: We start with the opponent in your guard position.

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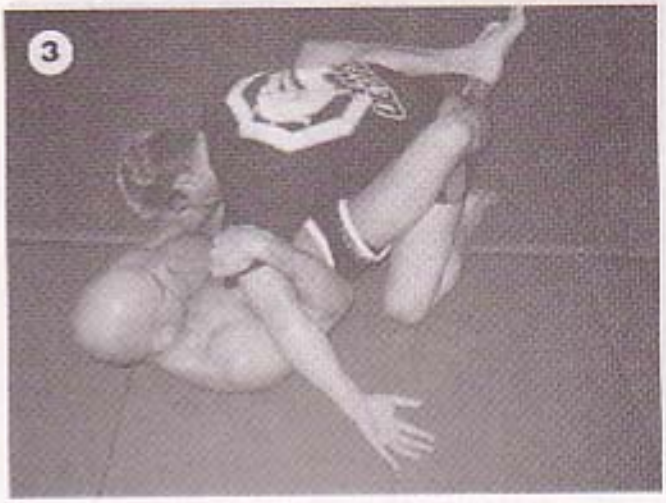
Slide your right arm underneath his left arm.



Under hook his left arm, pulling it down to your chest.

Grab his right triceps with your left hand.

Pull his left arm to you.

Open your legs to bring them over his head and body.

Keep control of his arms.

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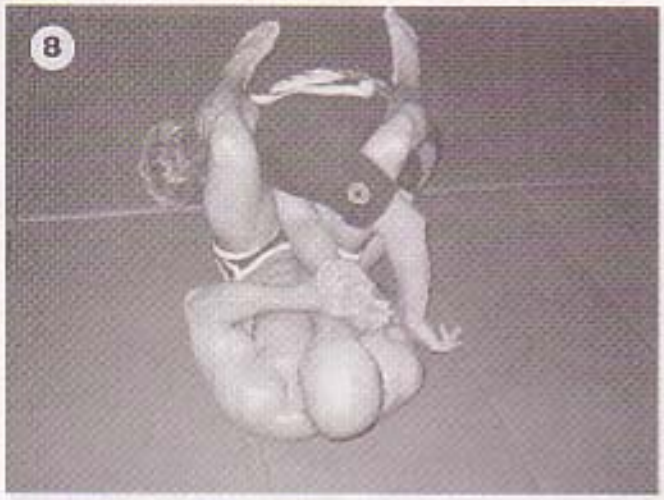
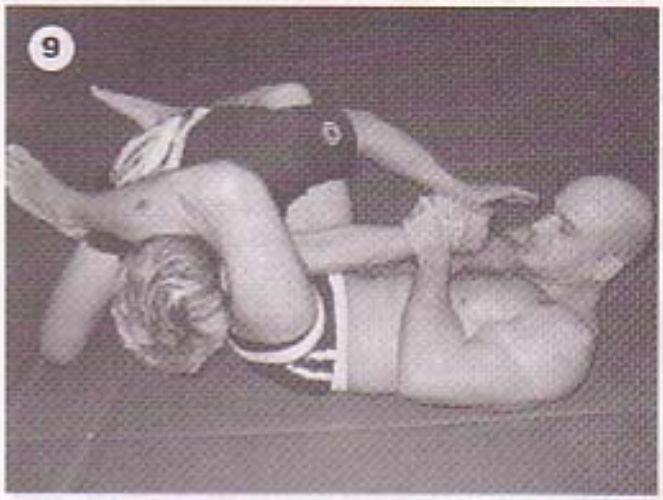


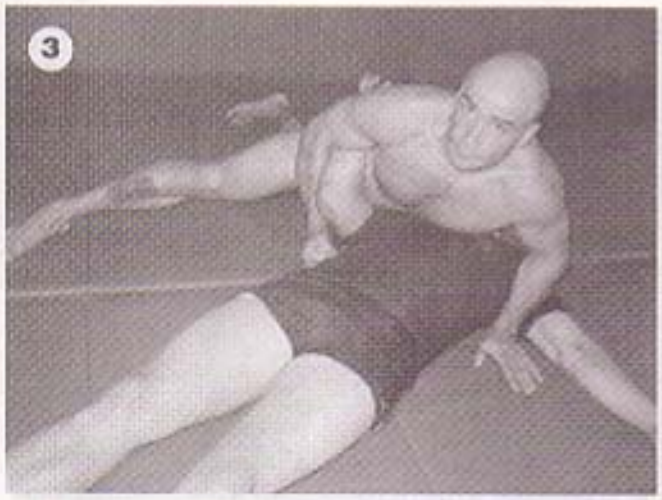
Grab his right arm and pull it straight, you now have the arm bar.



Look at how I keep everything tight from here I bridge to finish.

Figure 4 Elbow Pull:
Begin in the side mount position.

The opponent's right arm must be here.



Post your right leg out and hook under his right elbow with your right arm.

Bring your left leg over in between his legs.

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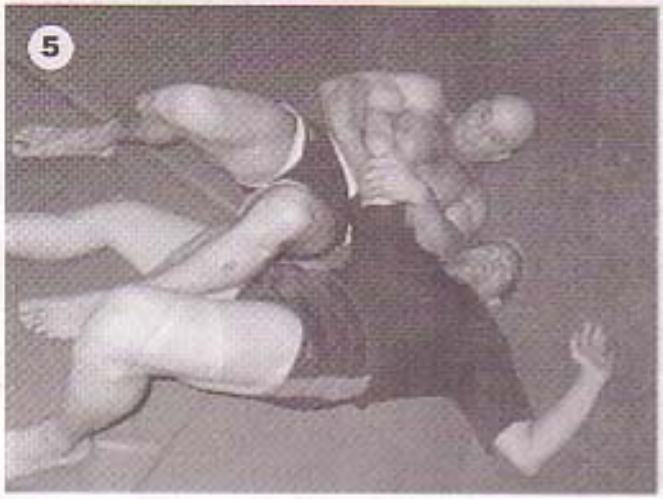
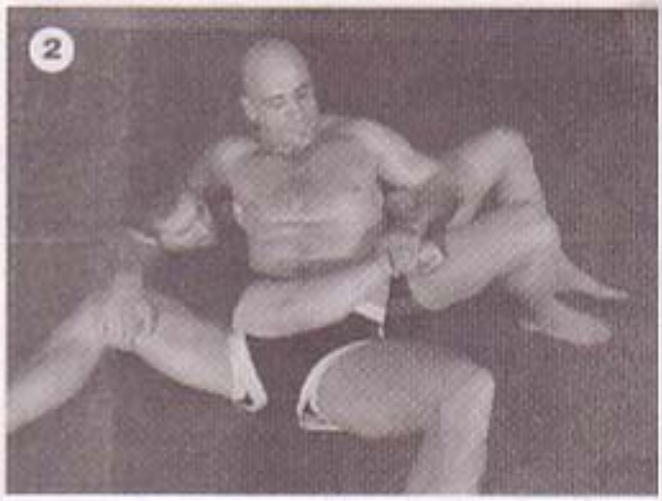


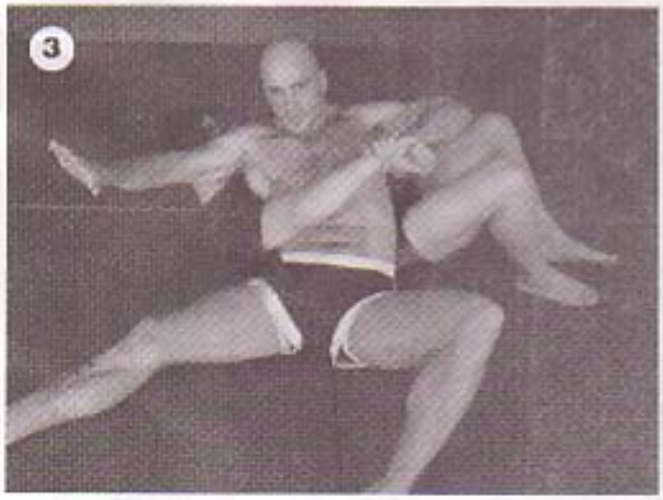
Fall backwards, still controlling his right arm.

With his right arm under your biceps, pull his right elbow up until he taps.

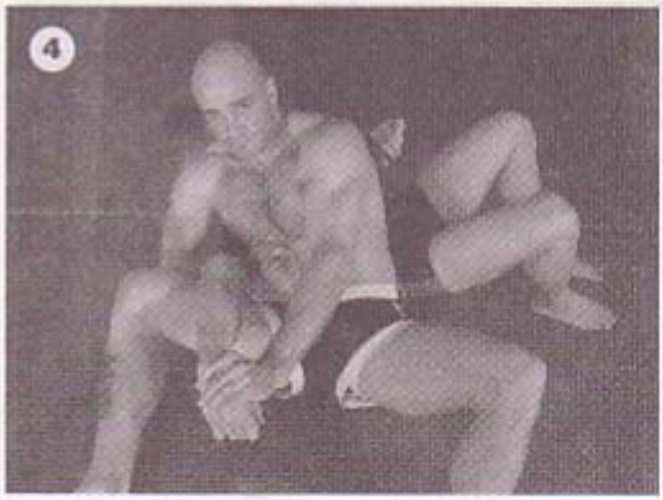
Arm Bar: This is a common grappling position.



Grab his right hand with your left thumb inside his hand.



Let his head go, bringing your right arm out and wrap under his right arm.



Pull his arm out straight and make the arm bar. Very painful.

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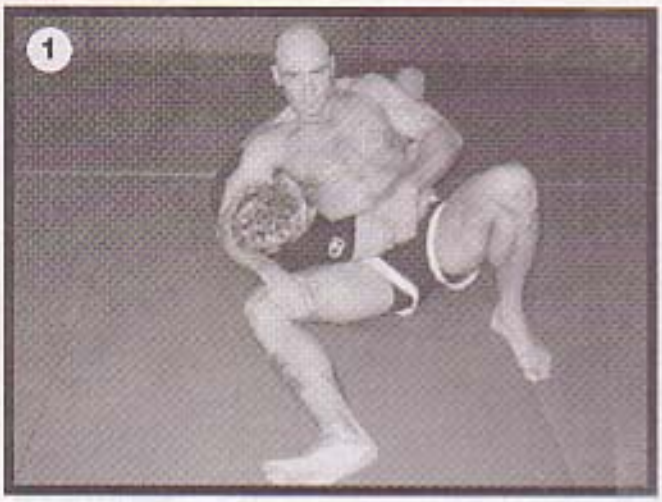
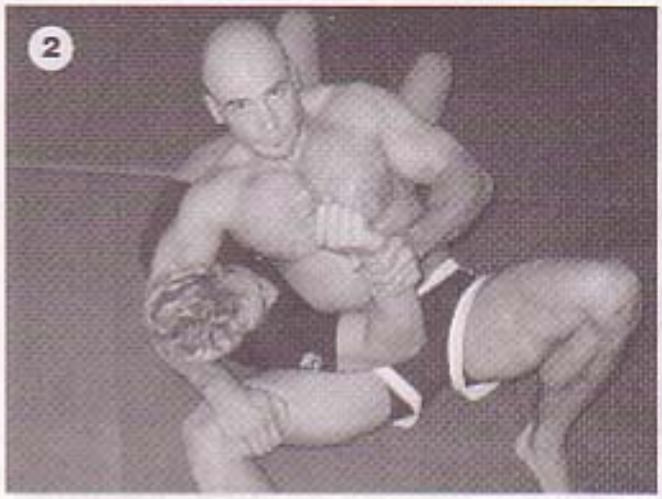
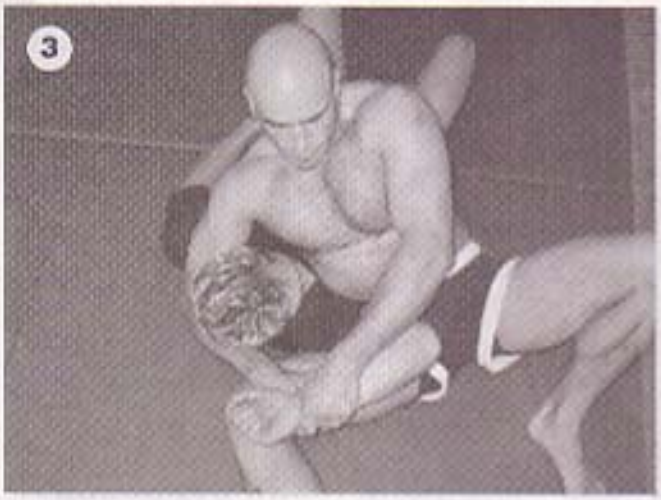


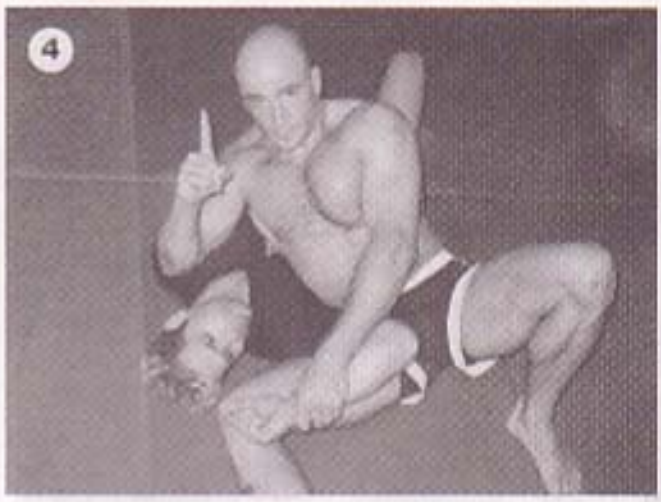
Arm Bar: Begin with the opponent in the scarf hold position.



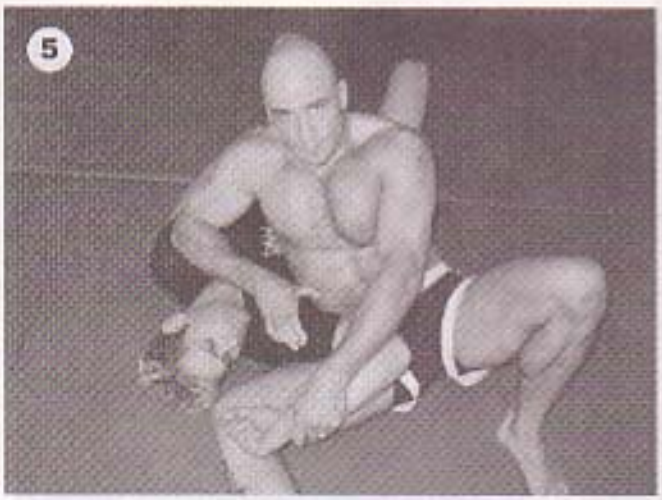
Holding your right leg to control his head, grab his right wrist with your left hand.



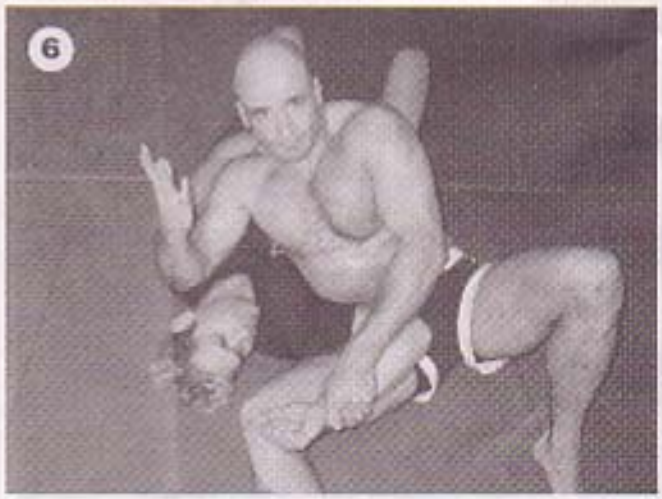
Try to put his right hand under your right knee.



If he is too strong...



...no matter how you try you can't do it.



Now what do you do?

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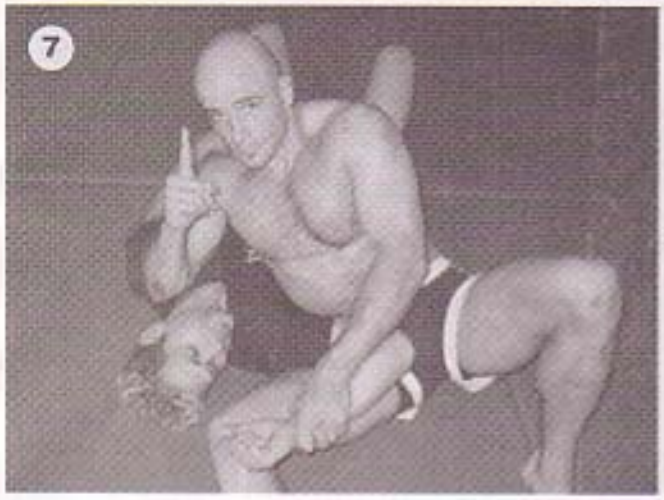
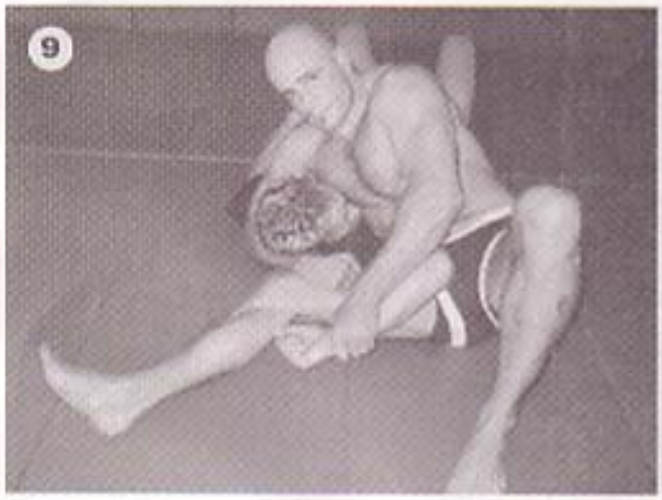
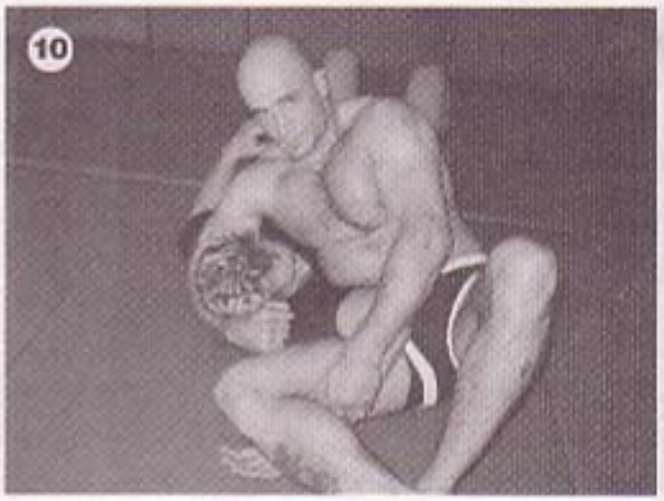


Pay attention and do the following when you can't move his arm.

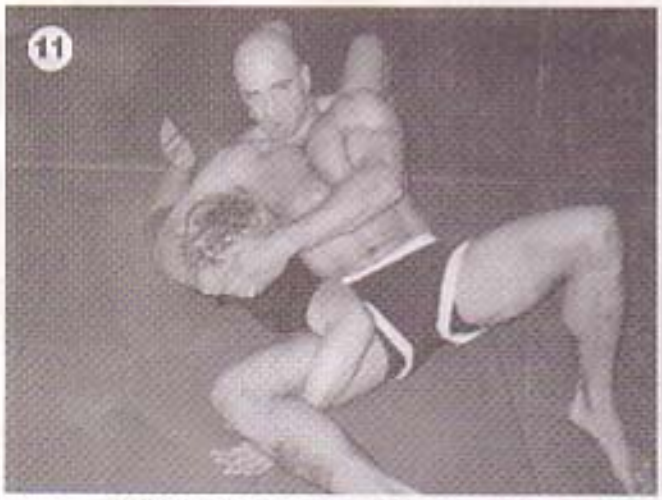
Grab your right leg and push his right hand into your right knee.



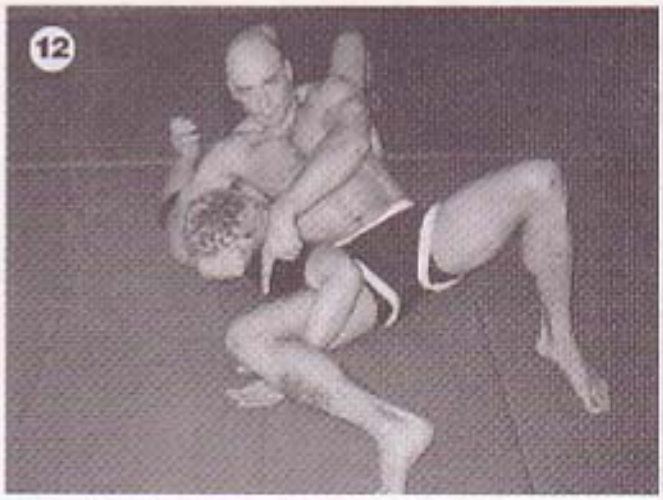
Now slide your right leg out, his hand will fall and you let your leg do the work.



Controlling his head, bring your right leg over his right arm.



Hold his head and lean back, cranking his neck.



To finish the arm bar watch my right leg.

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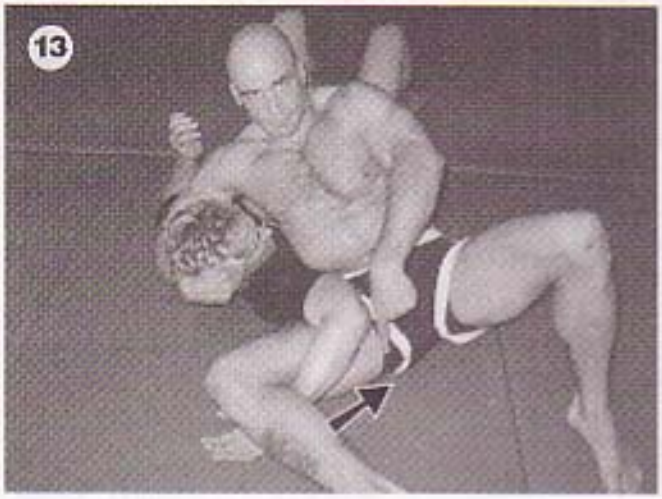
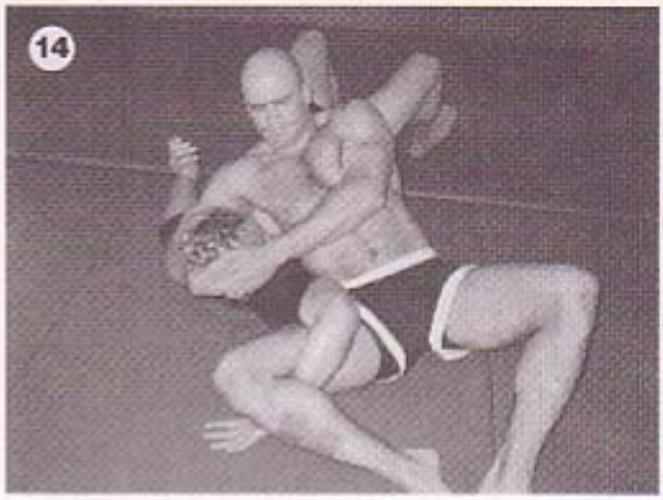
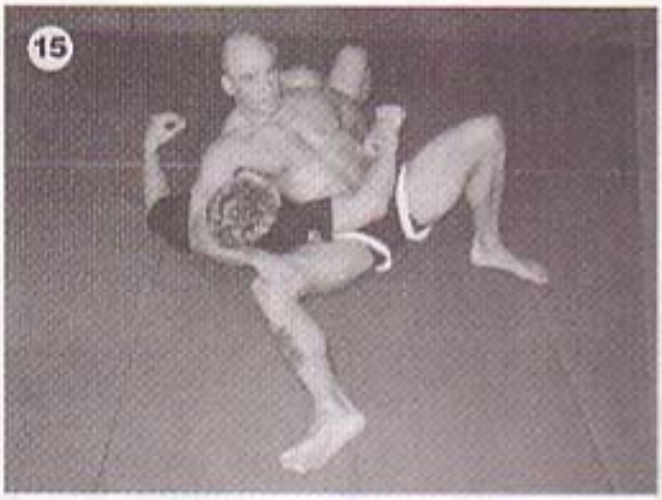


I slide my right leg in to there.

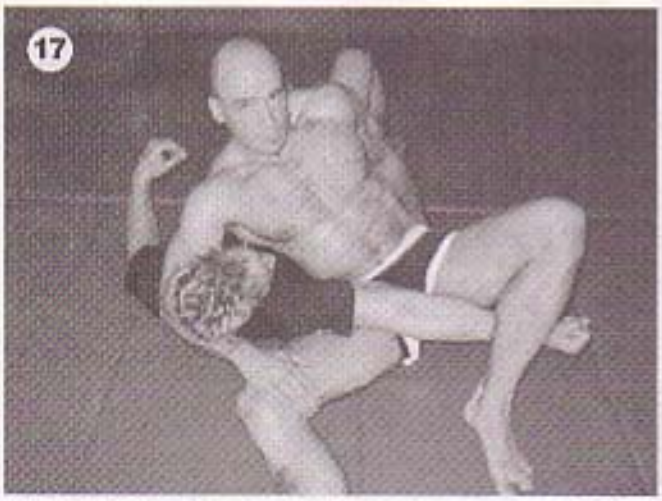


By sliding my leg in and cranking his neck, the submission is complete.

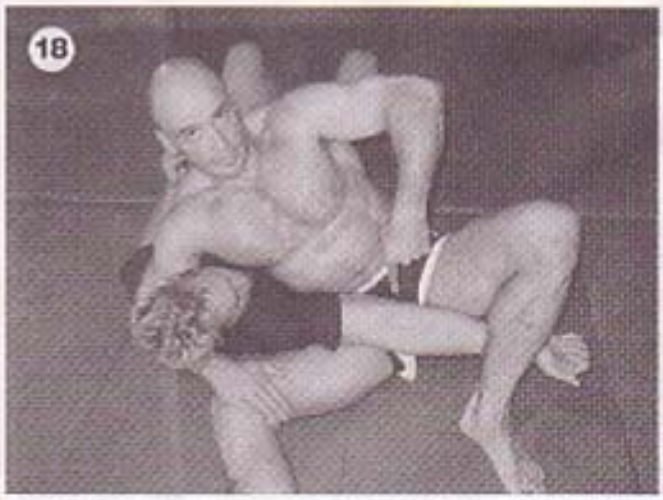


Now if you can stretch his right arm straight...

Hold it in this position while bringing your left leg over.



With his right arm secured, bridge your hips to finish.



If his arm turns out of this position...

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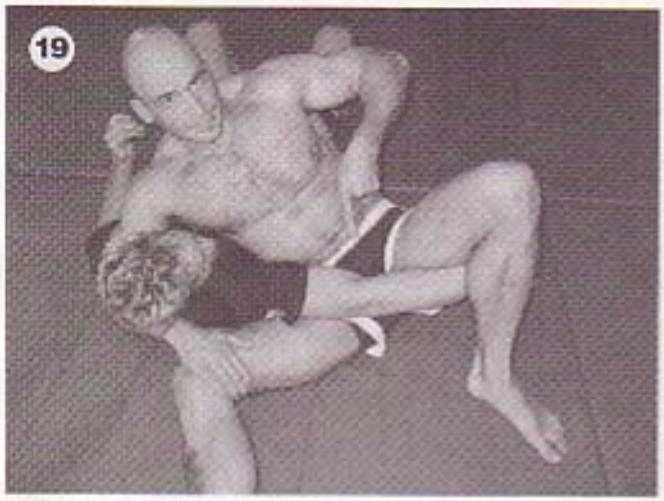
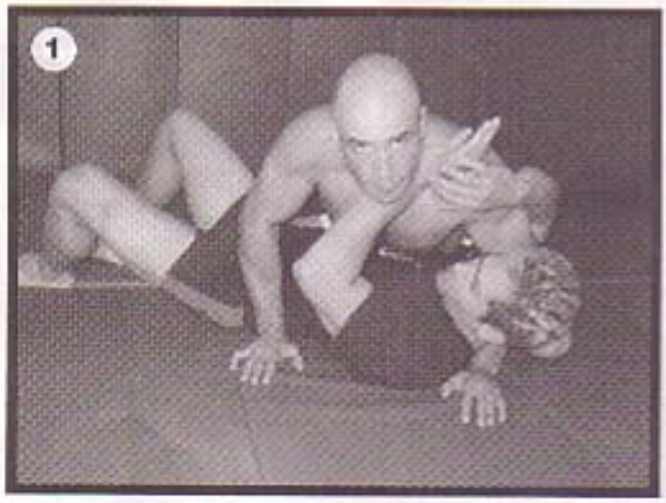


...to this position with his elbow here...

...simply bring your right knee up and press against his shoulder.

Push your left knee down and that will finish the arm bar.

From here you can also push on his throat with your right arm.



Chicken Wing: Start in the side mount.

Grab his left wrist with your left hand and push it down.

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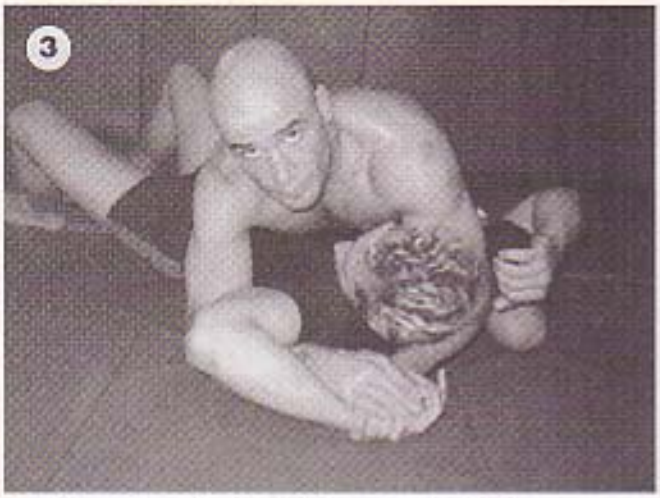
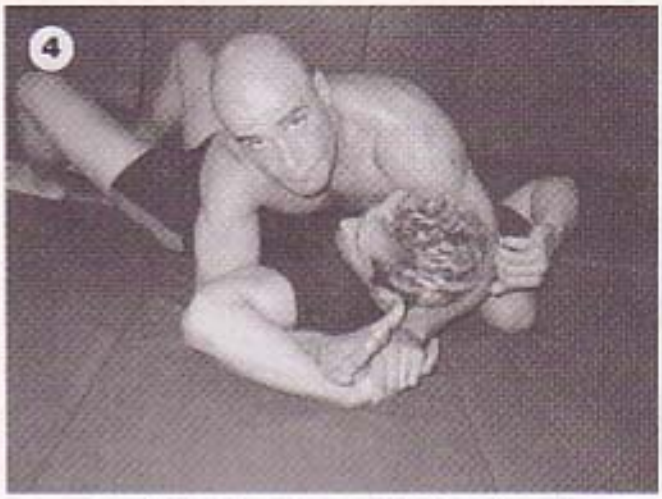
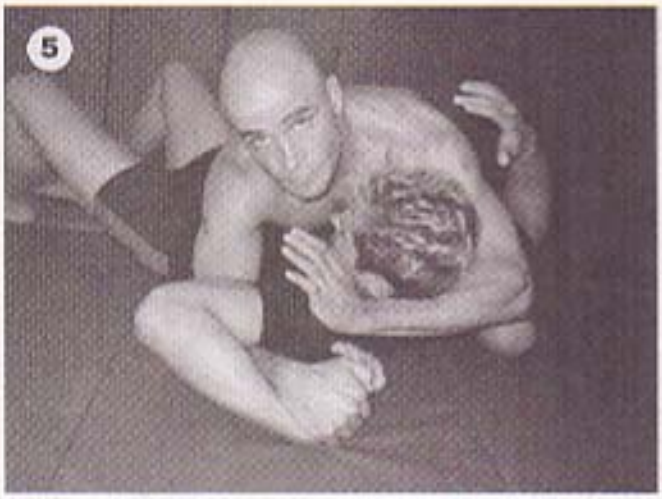


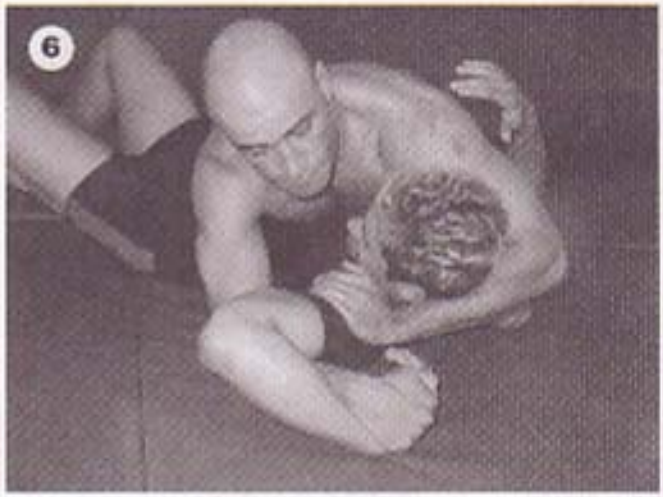
Now I go behind his neck, sliding my left hand in to grab his right wrist.



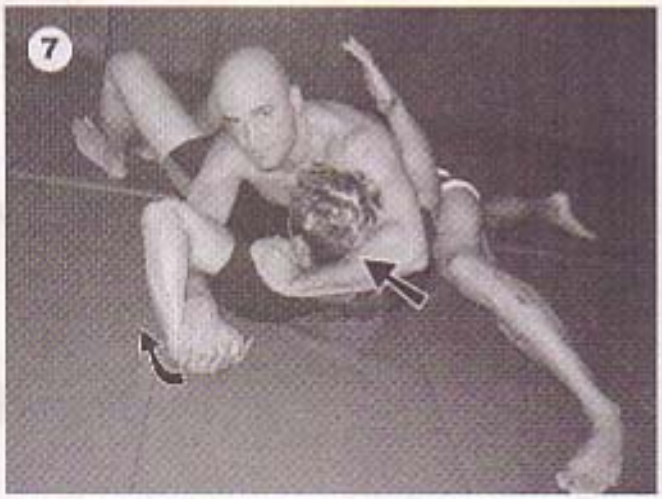
I switch hands, pulling his head up with my left arm.



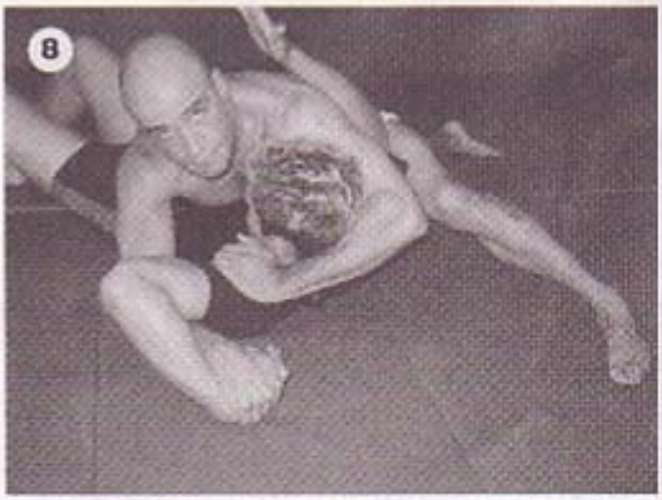
Grabbing his left shoulder...



...crank his neck forward and pull his left hand in.



For a stronger base, slide your left leg out in front. Pull his left arm to the right.



Keep cranking his head forward. He has no escape and will tap all day long.

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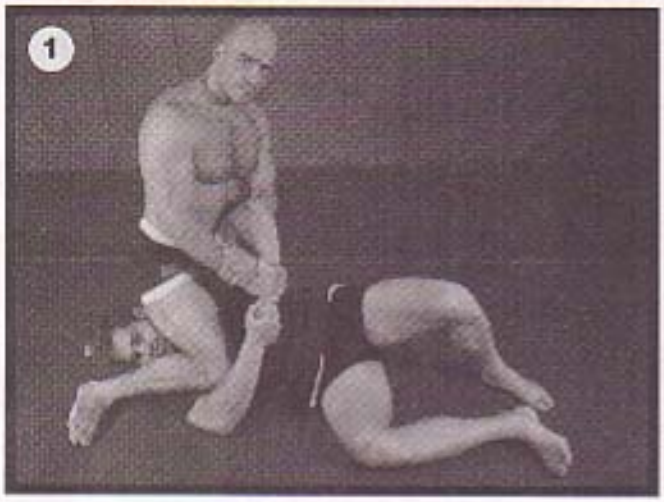
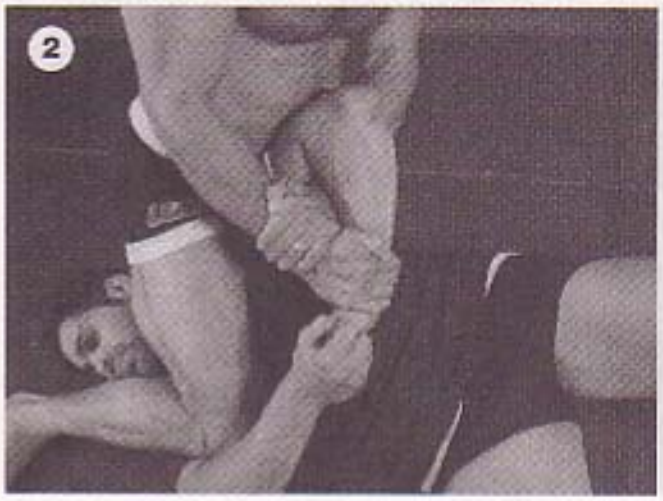
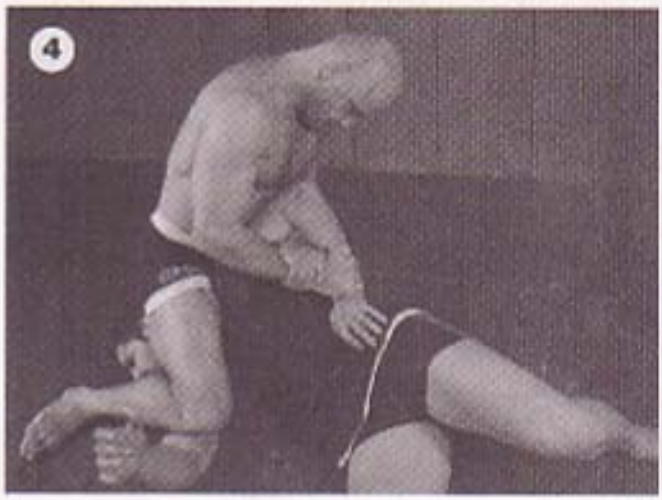


Breaking Grips: Here is a good technique for breaking a strong grip.



This is a common grip position you may need to break.

To break it, slam your upper body weight downward, hitting the back of his arm.



His grip will break.

Take control of his arm by bringing his hand to the other side. Works every time.

Training Notes

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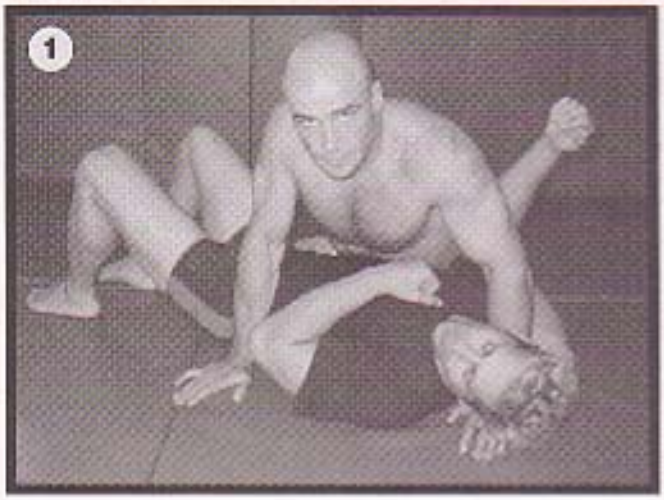
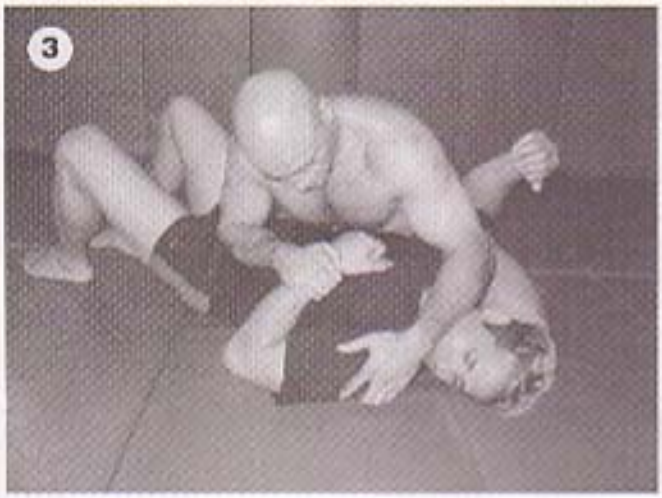
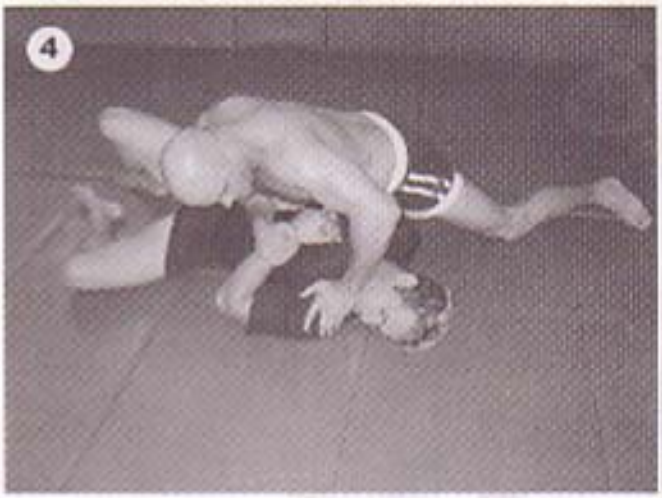


Opening His Arm:
I begin in the side mount position.

You want to slide your hand in here but he closes his left arm.

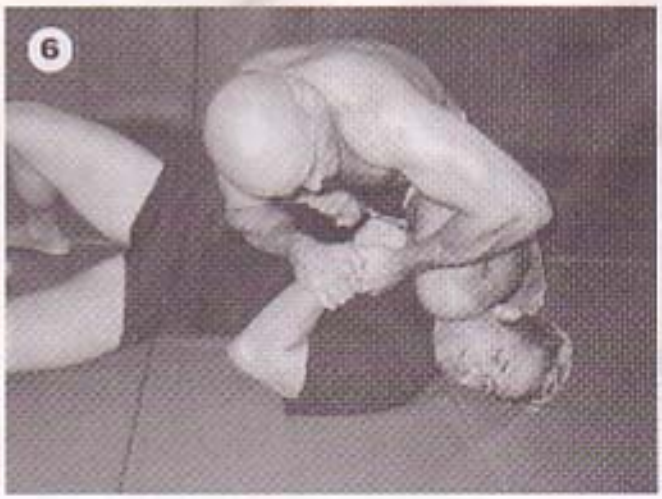


Cross face him with your left arm and grab his left wrist with your right hand.



Bring your left leg back.

Bring your left leg forward, placing your knee on his face for control.



Pull his arm out.

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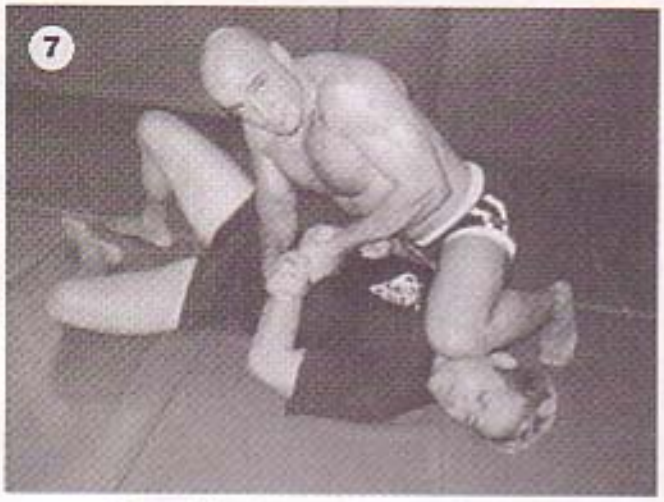
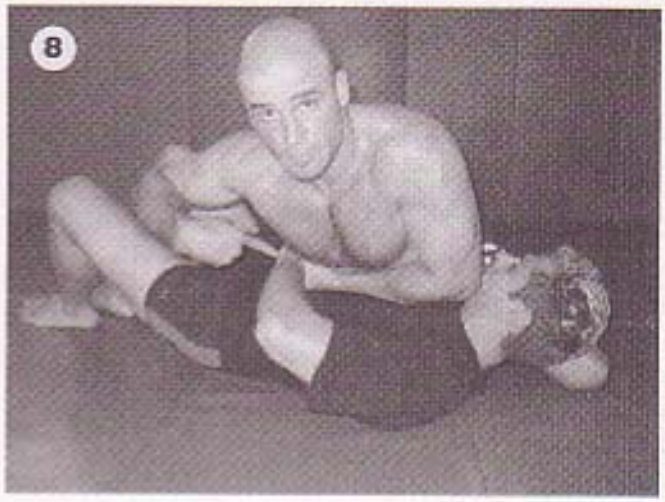


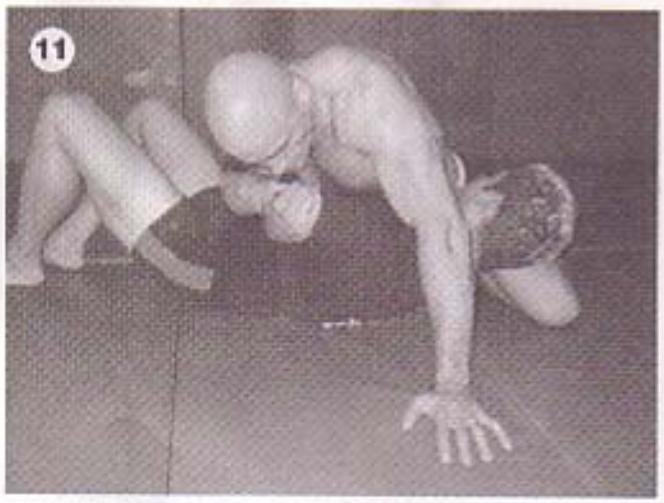
Bring his arm to this point and quickly bring your body down.



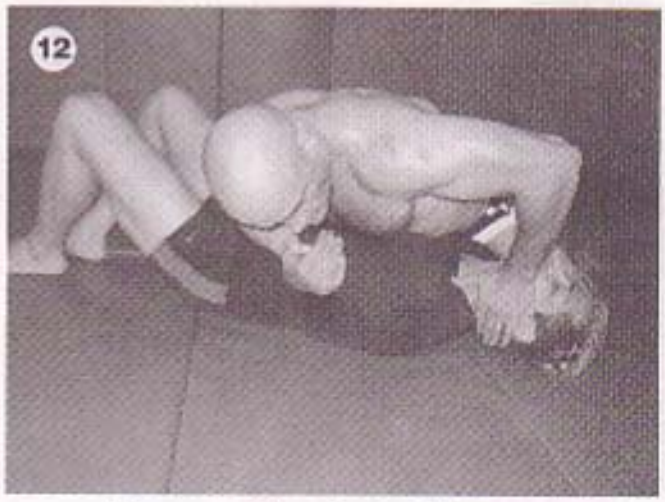
Keep control of his left wrist with your left hand.

You now have an opening to slide your right hand into.

Stick your right hand in, grabbing his left triceps.



At this point let your left hand go and post it on the floor.



Then continue by pushing on his face with your left hand.

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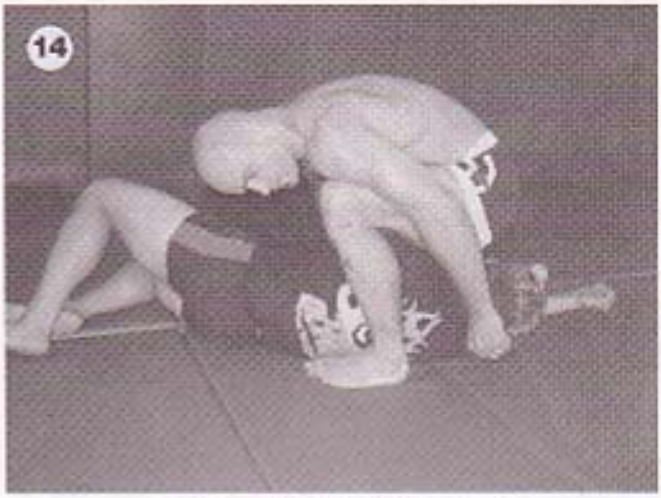
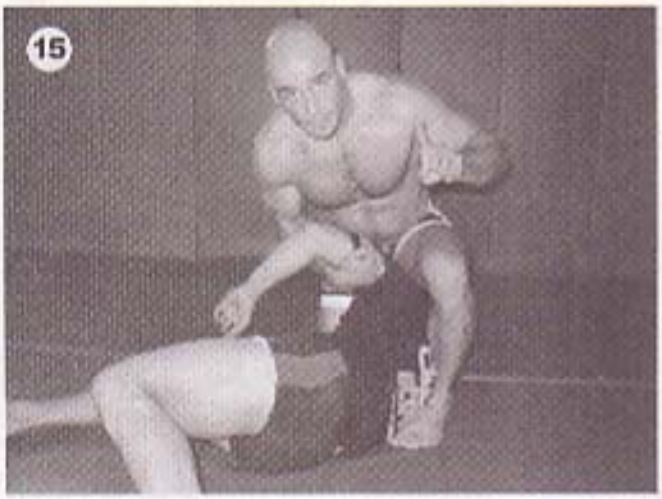
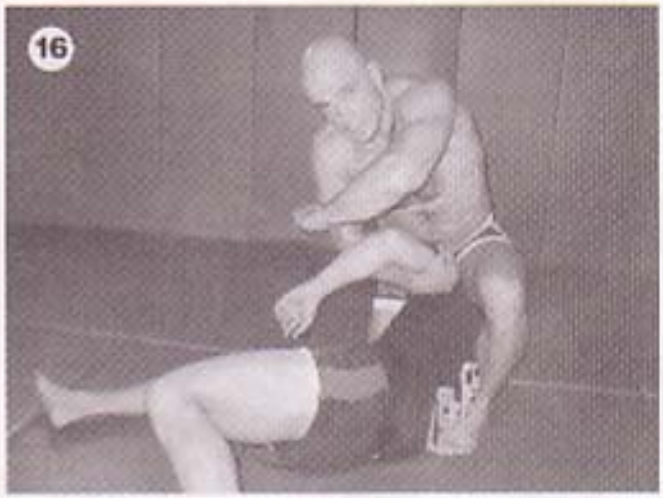
Now step over with your left leg...



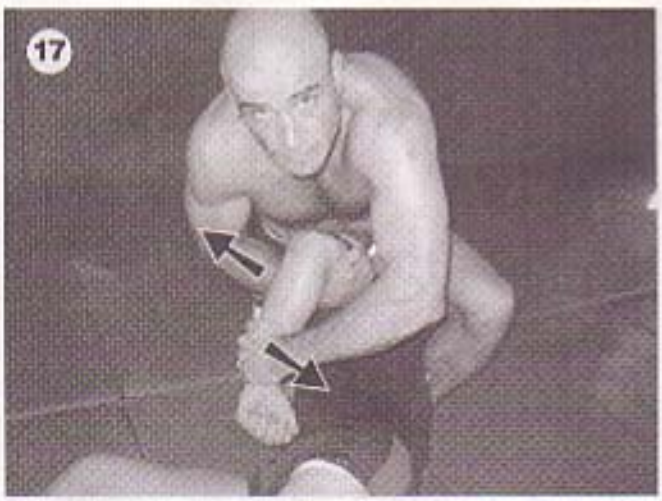
...to the middle of his back.



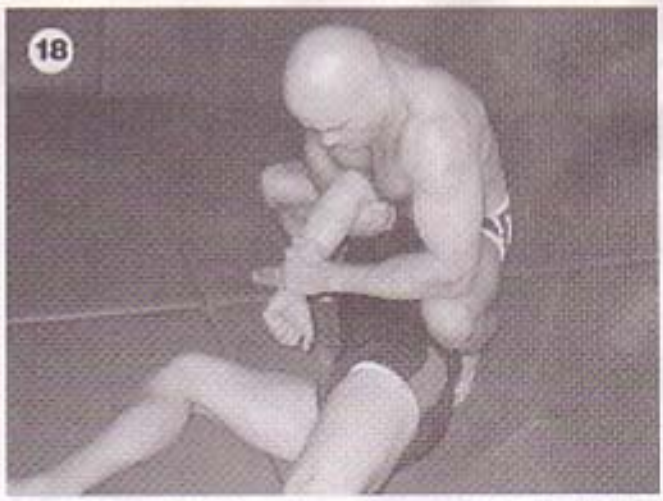
Now this is important, so he cannot escape the arm bar.



With your right hand, grab his left wrist.



Pull his wrist to the left as you pull his arm to the right.



Fall backwards, controlling his left arm.

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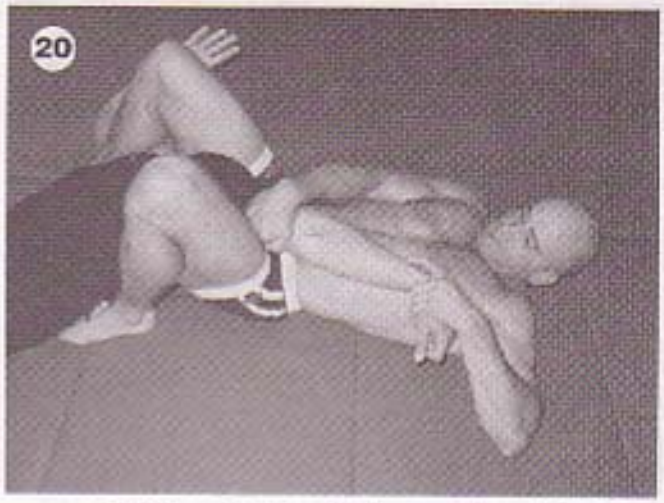
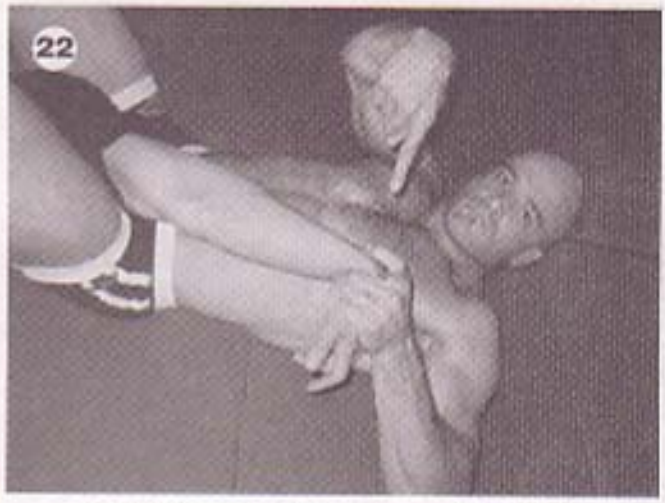
Keep your left hand here for control.



Pull and stretch his arm back.

Now bridge your hips up high while keeping hold of his left wrist.



With his wrist bent down like this you have total control.

Again bridge the hips up high for leverage against his elbow.

Finish the submission by holding his arm and pressing down on the wrist.

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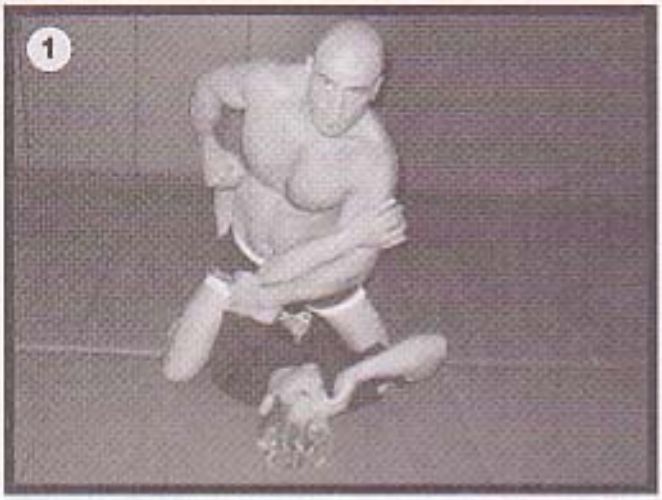
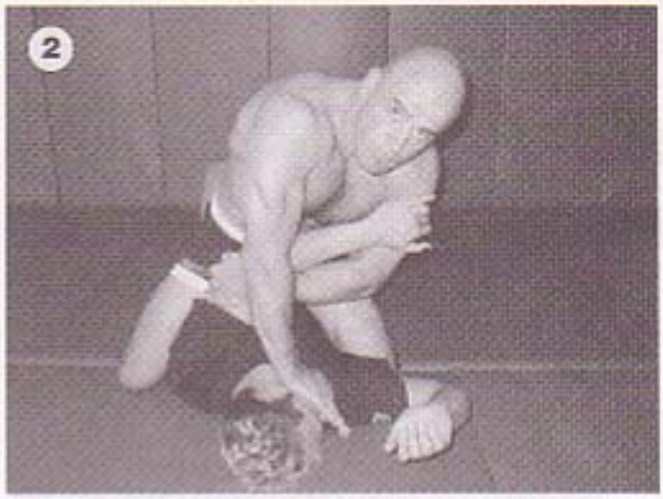
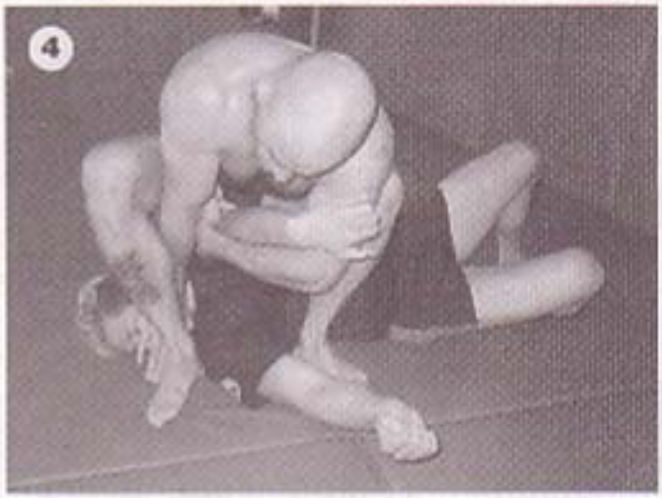


Arm Bar: In the mount, control his left arm with your left hand as you go to strike.



Instead of striking, I push his face to the left with my right hand.

Keep control of his head, as you stay low and step over with you right foot.



Stepping over, place your right foot in front of his face.

Hook your feet together so he cannot push your right leg off.

Secure his left arm, bridge and arm bar.

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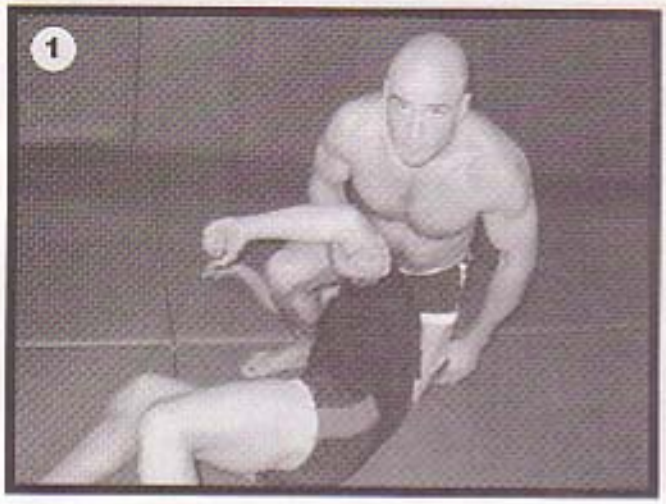
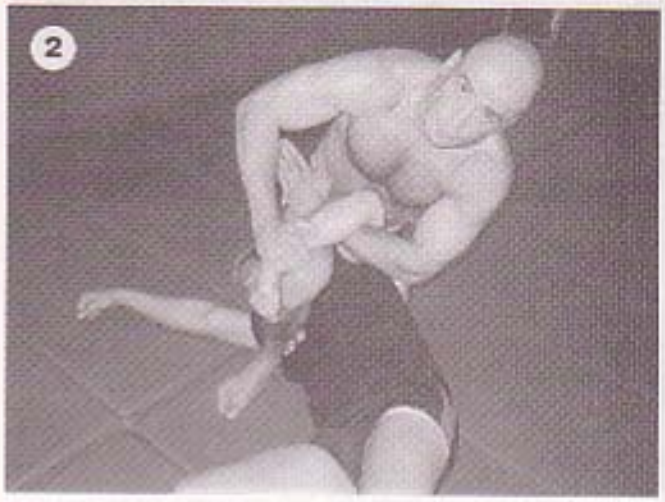
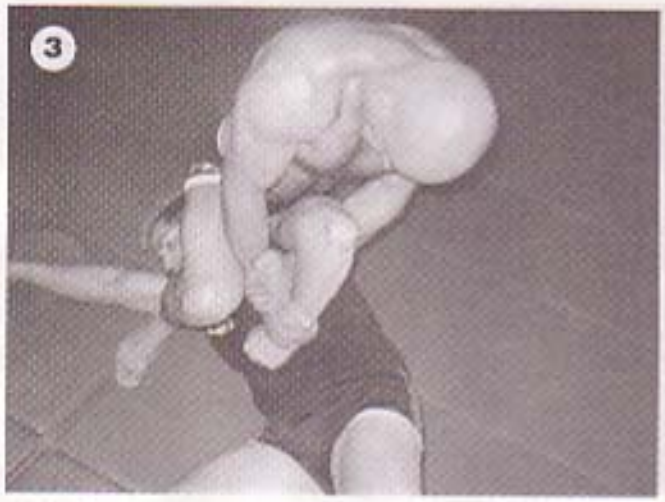


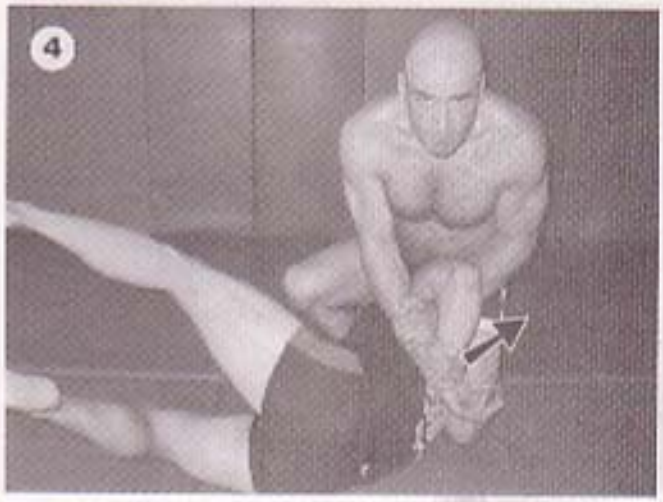
Arm Lock: Executing an arm lock from this position.



Grab his left wrist with your right hand as you slide your left arm under.



Grab your right wrist with your left hand.



Keeping his arm bent, pull it to his back. Pull his left hand up to finish.

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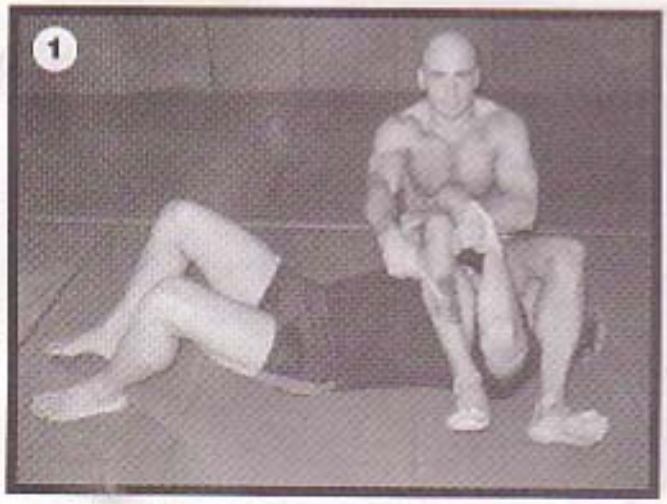
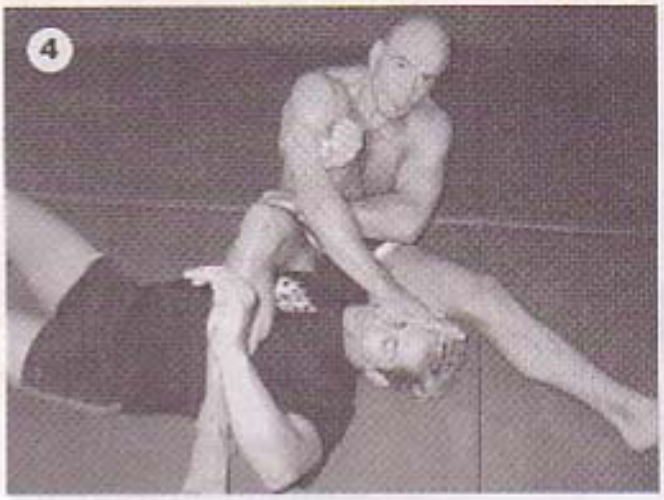


Arm Bar: We start in this position. The feet are not hooked.

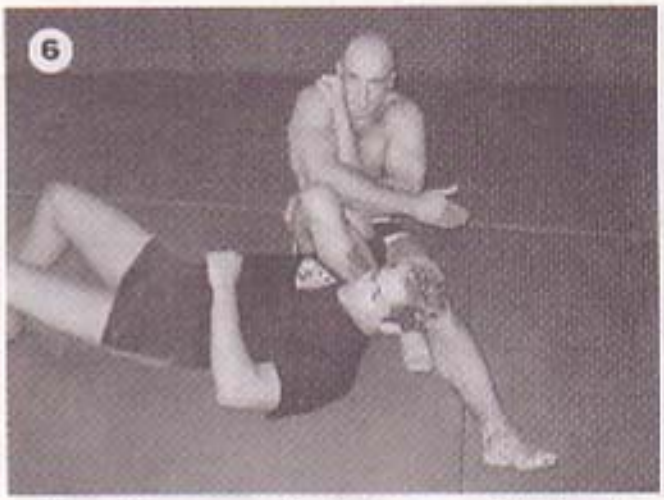
He pushes your leg off.

Bring your left leg out to the side.



Push his head back.

Bring your right leg over his left arm, up against his jaw.



Now bring your right leg over his head, hooking your right foot behind his neck.

Drop back pulling his arm straight.

Bridge your hips up to finish the armbar submission.

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Arm Bar: We start in my guard position.

Slide your left hand underneath to the inside of his right arm.

Now grab his left arm like this with your left hand.

With your right hand open, push his face up and to the left side.

As you push his face, open your legs.

Swing your legs up and position your hips under his arms.

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Bring you right leg over his head, crossing your feet together.

Control his left arm with both hands.

Complete the submission by bridging your hips forward.

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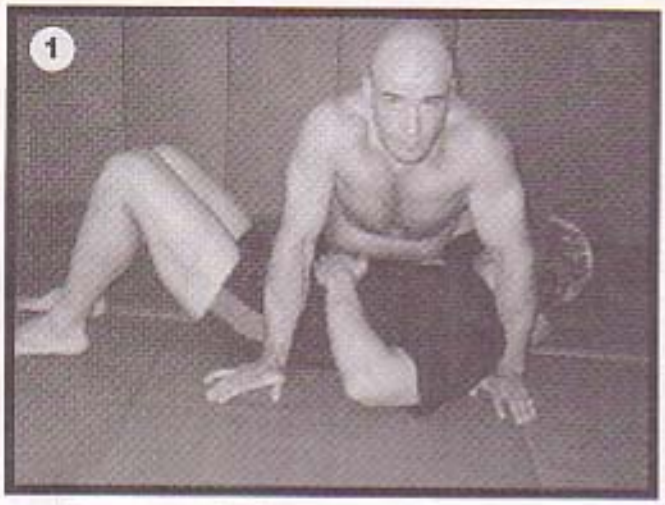
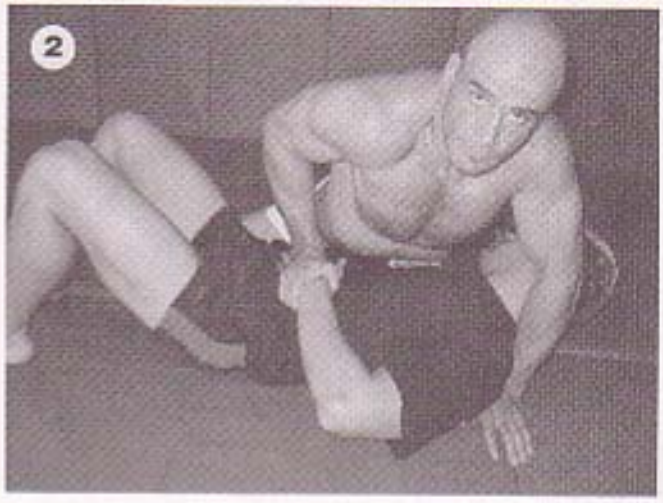
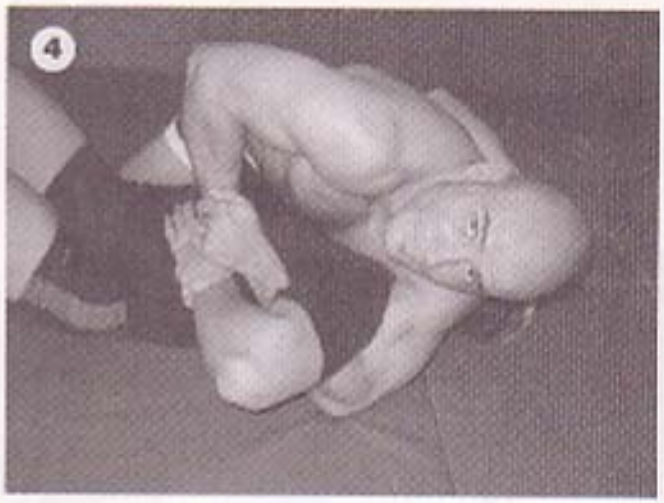


Reversed Figure 4: The opponent is in your side mount position.

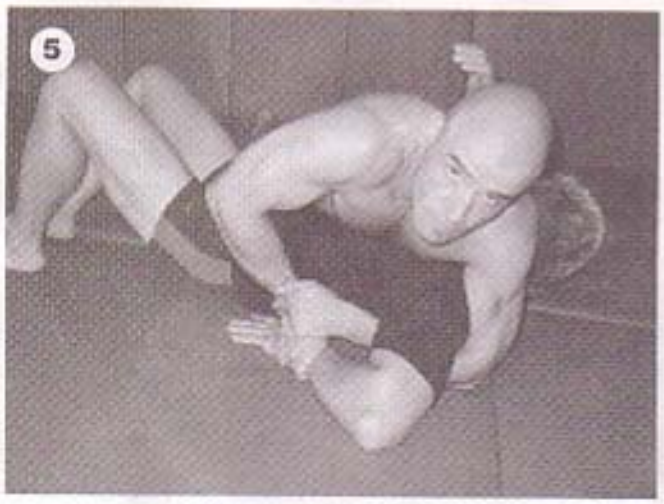


First grab his left wrist with your right hand.

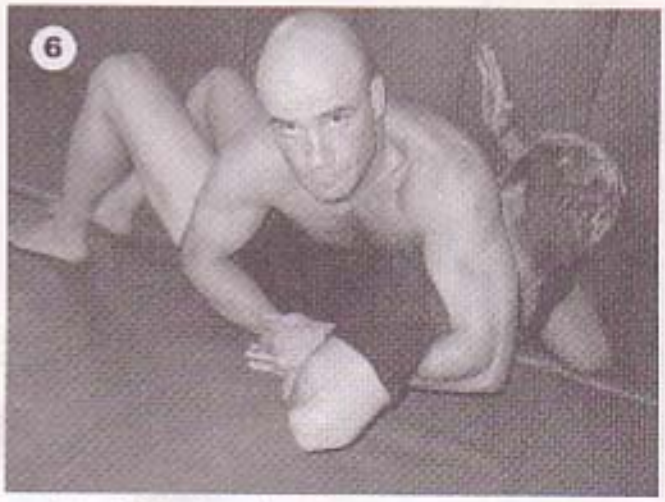
Now bring your left hand under his arm and grab your right wrist.



Make the hold tight.



At this point, twist your upper body to the right.



Push his hand upwards until he taps.

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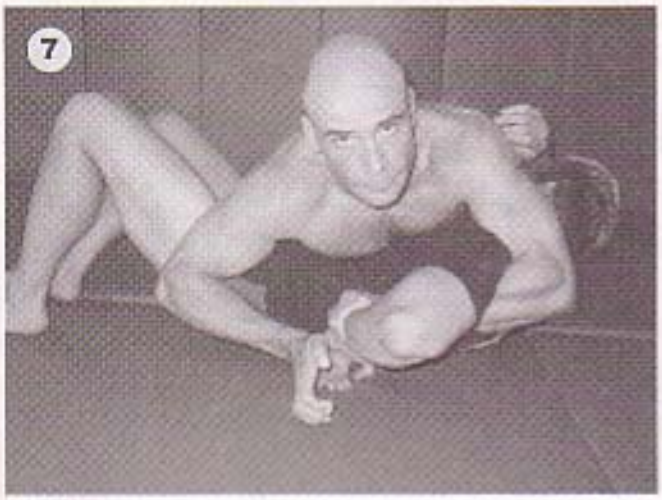
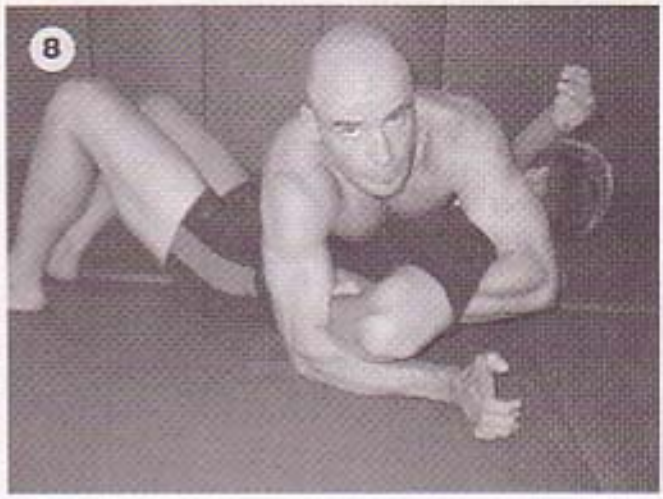
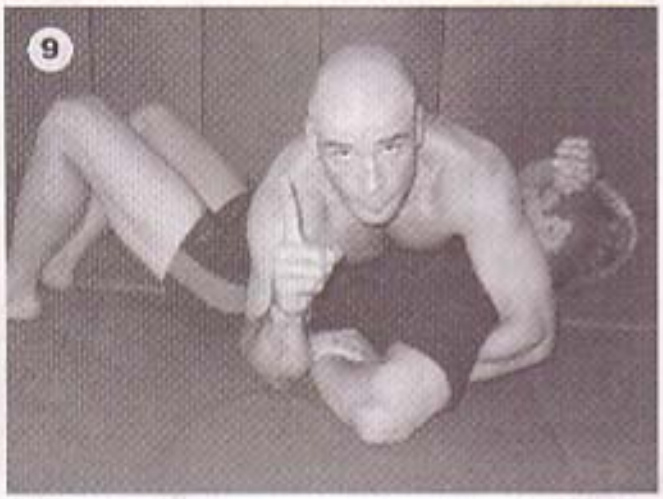


Exactly like...

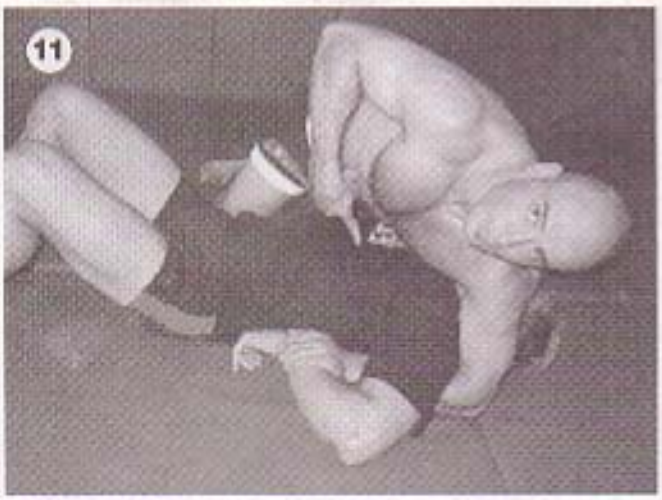


...this!



Watch out for this mistake!

If my chest does not stay directly on his chest...



...like this...

...but stays on his belly instead, you will lose control.

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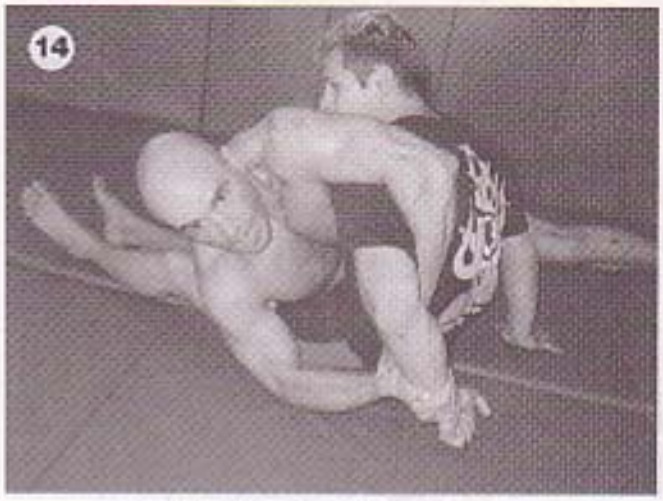
This mistake will make it easy for him to escape.



All he has to do is sit up.

From here he can roll forward catching you in his side mount.

By continuing to roll he can simply turn over and escape.

As you can see, proper body position is a must for executing this technique.

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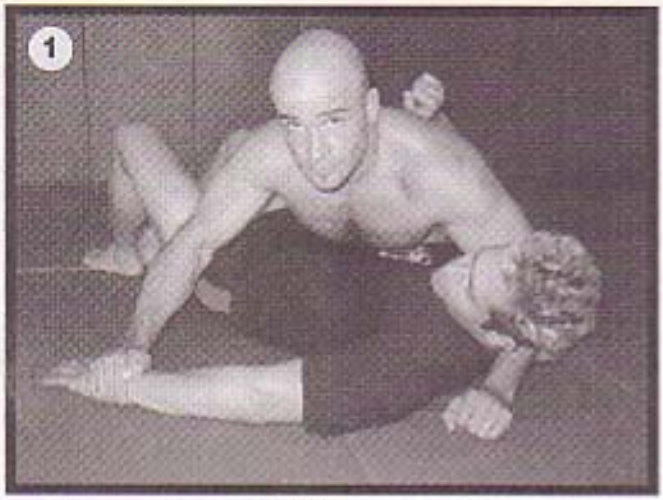
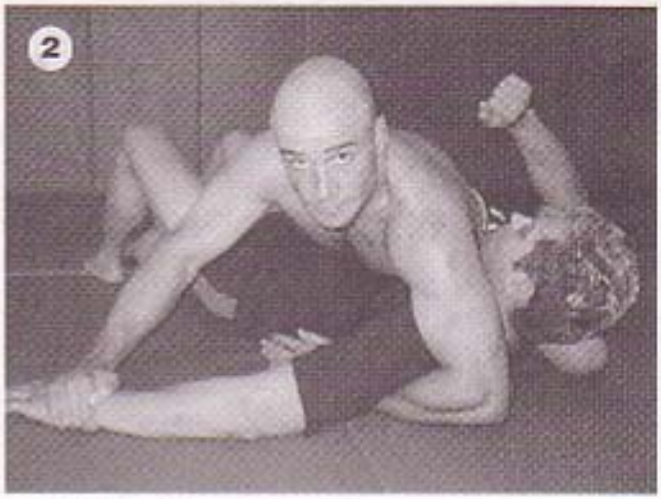
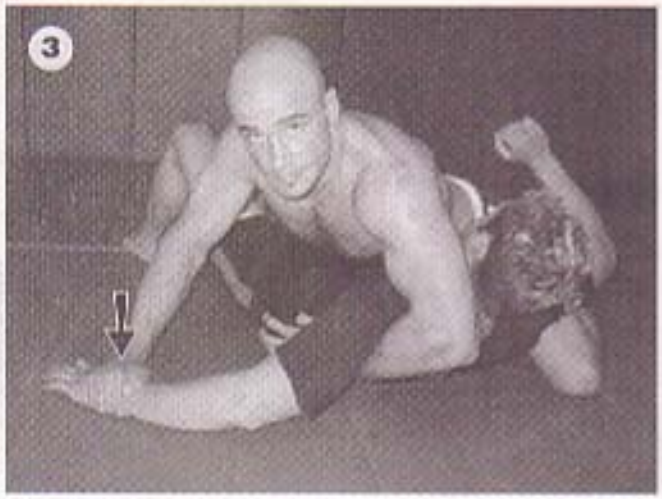


Figure 4 Lock: From the side mount. He has his arm stretched.

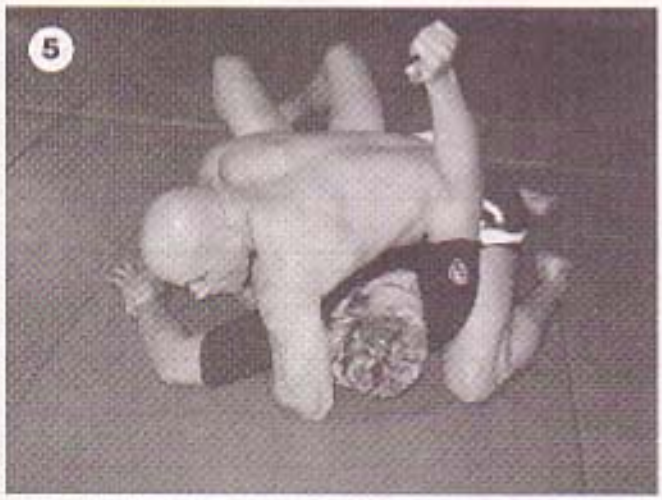


Holding his wrist with your right hand, slide your left hand under his arm.

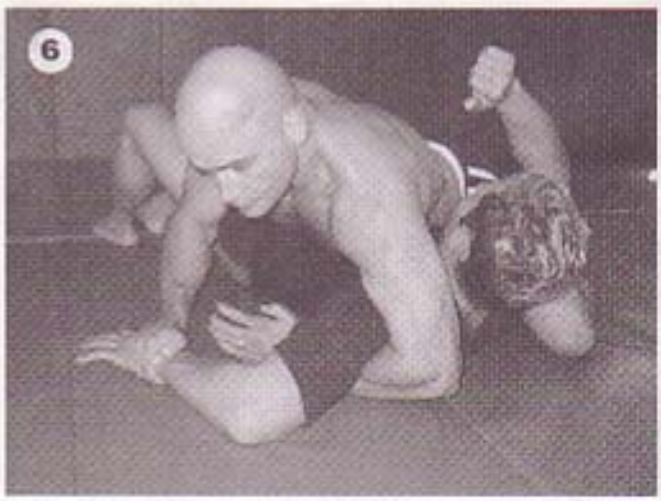


Pin his left hand down by putting some weight on it.

Now lift his left arm by pulling your left shoulder up.



Make sure you keep your left knee pushing forward against his body.



Push his whole body to his hand.

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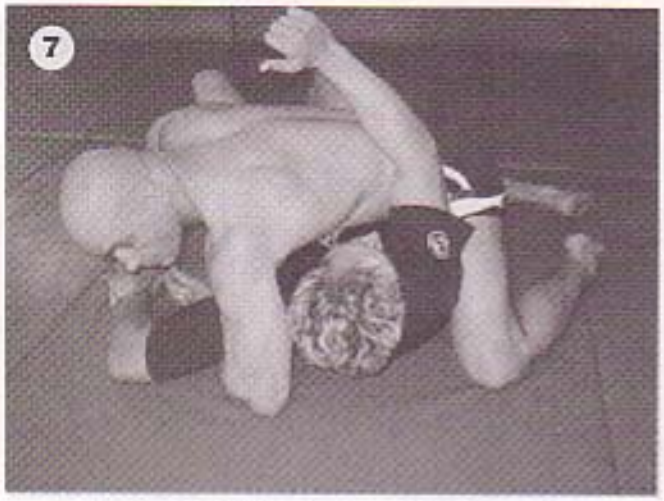
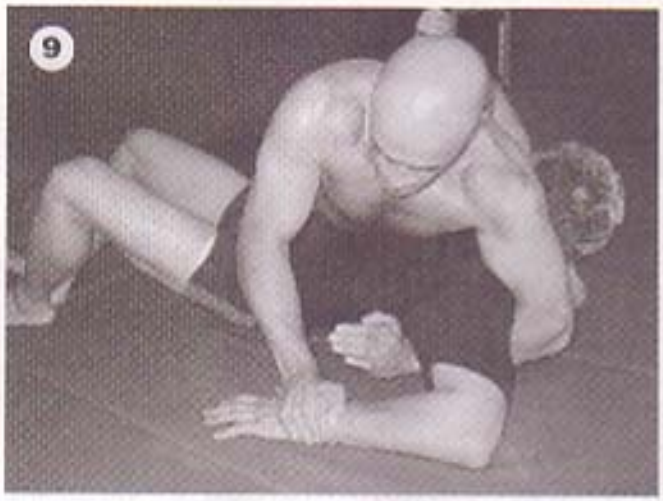
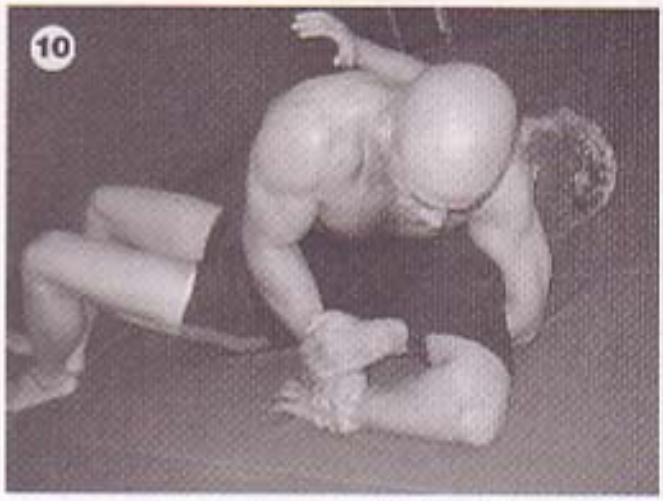


Keep pushing toward his hand...

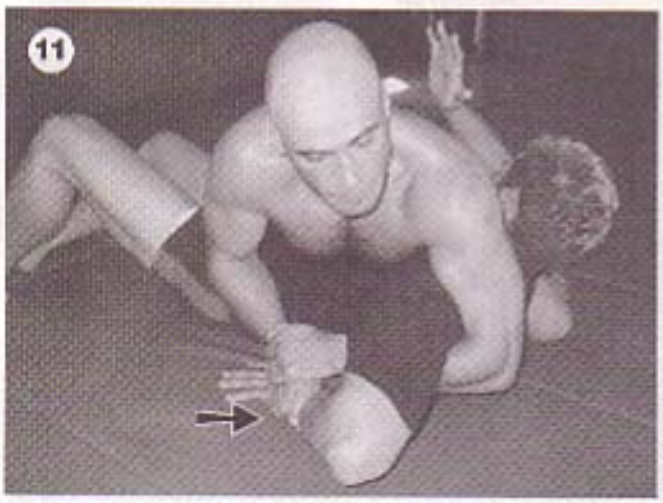
...with little steps...



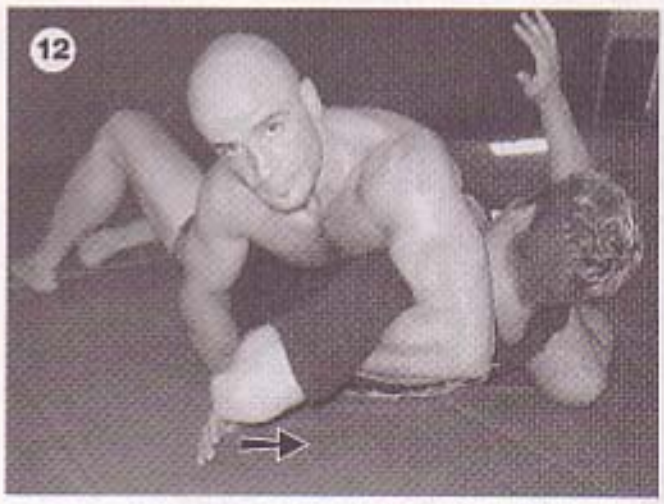
...until you finally



...can grab your right wrist...



...and push his wrist...



...upward, like this, to finish.

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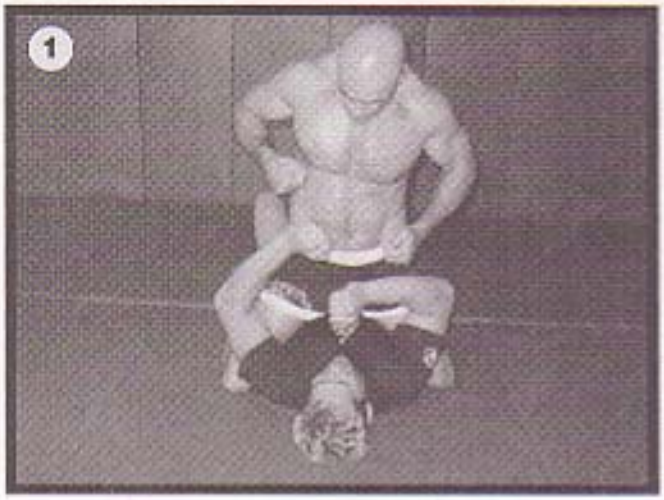
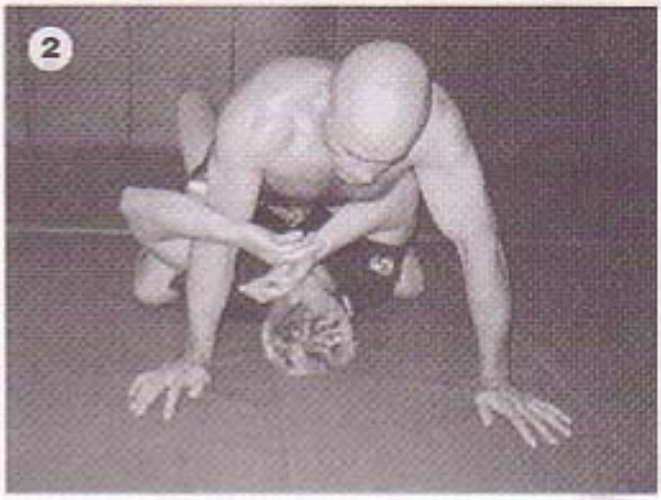
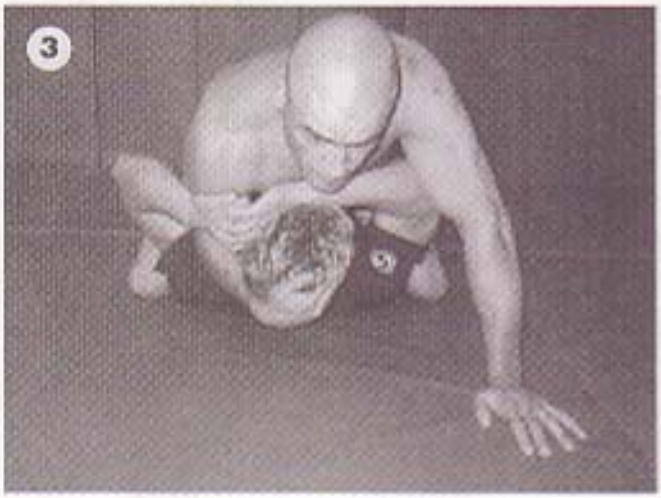


Straight arm Bar:
Start in the mount position.



Slide all the way forward,
until you are sitting on his chest.



Grab the back of his head
with your right hand.

Keep control of his head
as you bring your legs forward.

Bring your right leg forward.

Bring your left leg forward
so that you are sitting fully on his chest.

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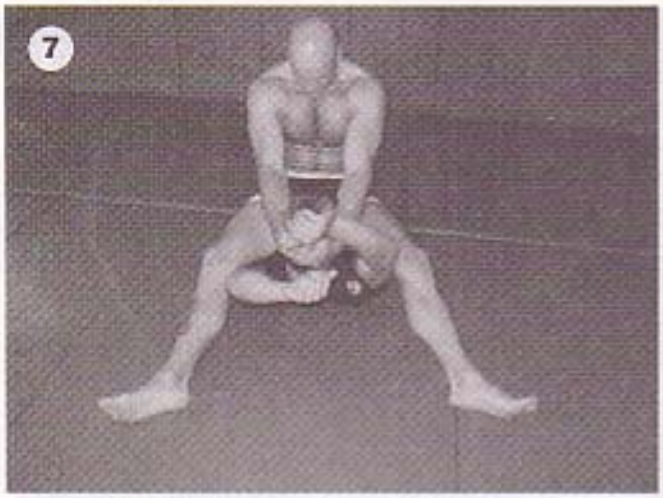
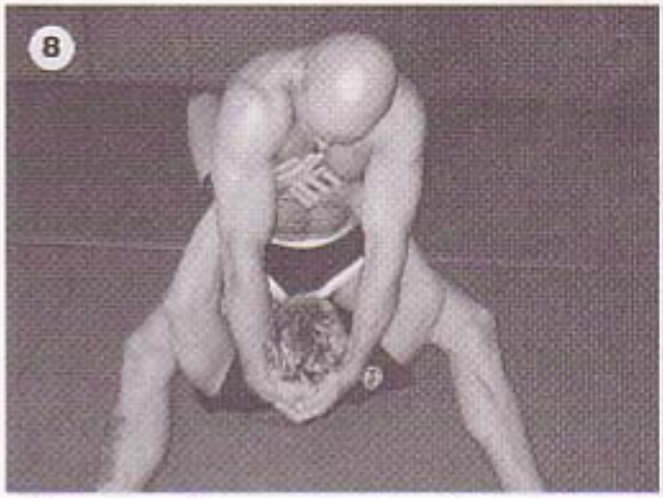
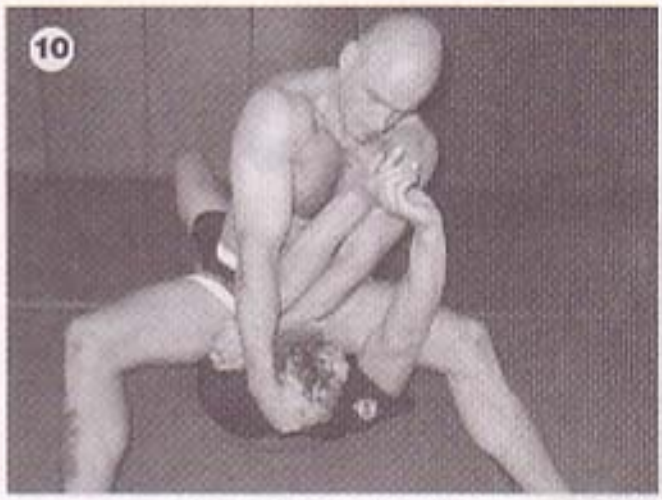


With both hands, pull his head.

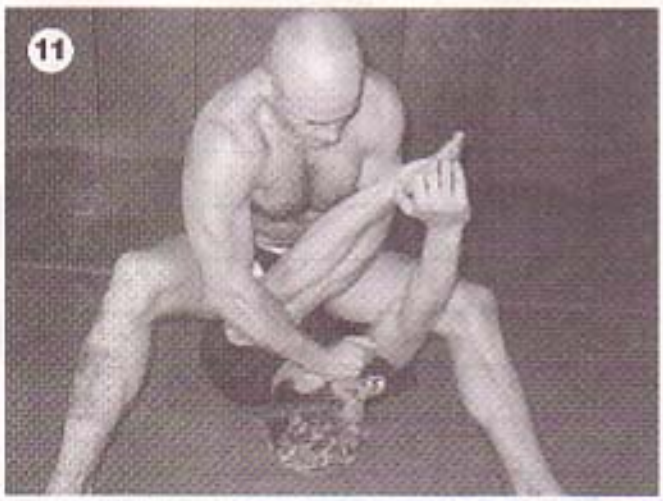


His arms will come up to push you away, which is what you want.

As he pushes, slide your left hand to his left shoulder.



Grab his left shoulder, keeping ahold of his head.



Cross face him with your right hand.

Push his face to the floor and turn left to step over his head.

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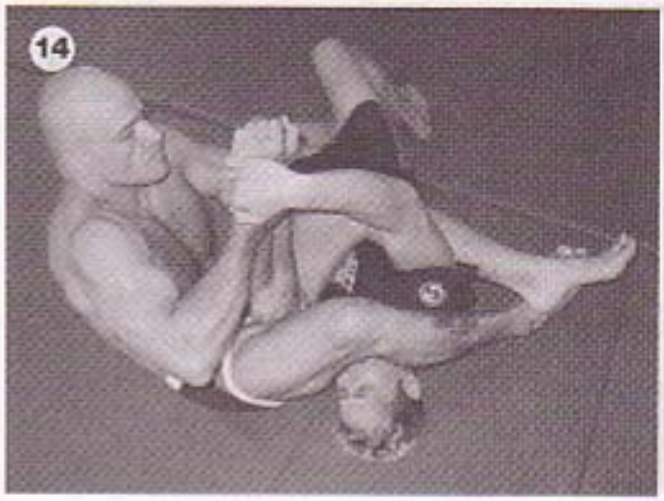
Keep pushing on his face and step over his head with your right leg.



Cross your feet and grab his arm.

Fall backwards pulling his arm straight.

Secure the arm with his elbow facing the ground.

Finish the submission by bridging your hips up and pulling the arm down.

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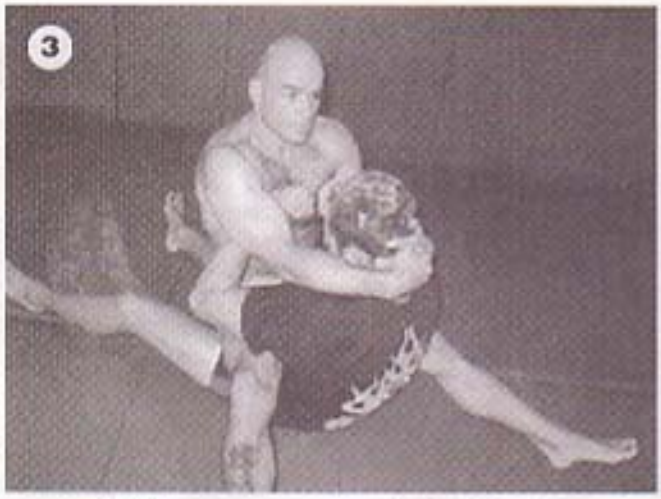
Important Point! If you sit on his belly instead of his chest, he can escape.

By not sitting on his chest your opponent has space to sit up.



If he sits up, you will fall back as you pull his head forward.

He will now be in your guard and you have lost the position.

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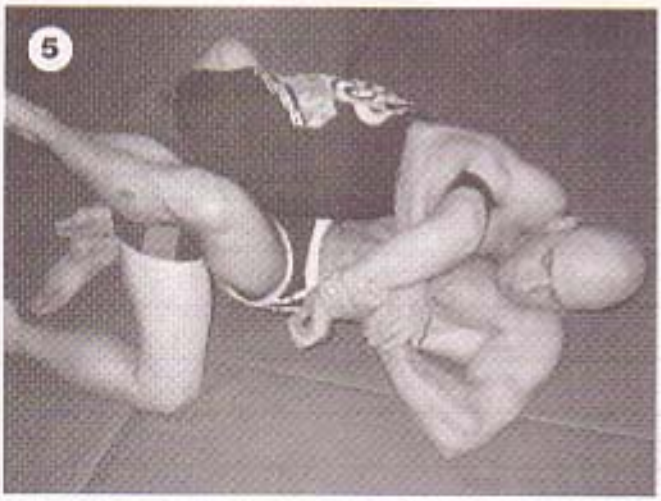
Reversed Figure 4:
The opponent is your guard.

Grab his right wrist with your left hand and post your right foot out.

Turn your body left, bringing your right arm over his right arm.

Slide your right hand in to grab your left wrist.



Control his body with your legs as you apply the lock.

Keep his arm bent! Very important!

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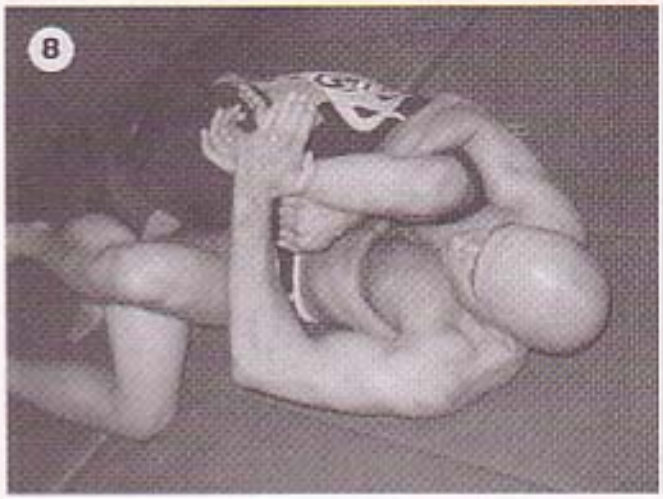
Now push his right hand upwards over his back for the submission.

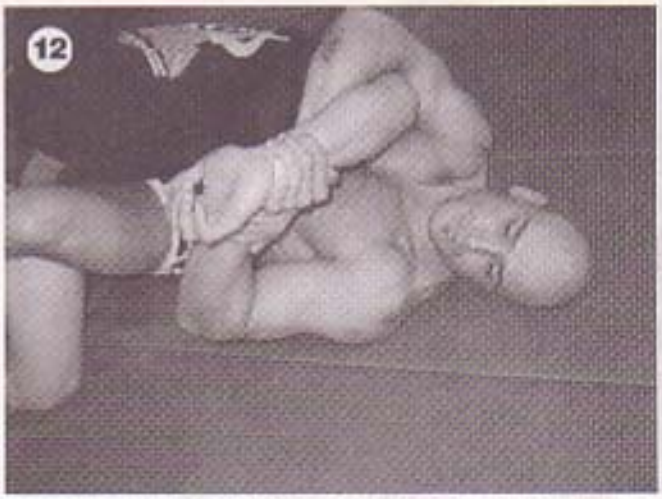


You want to start pushing his arm from this point.

Ending with his hand all the way back to this point for the finish.

Now if you fail to keep his arm bent at all times, he can escape.

If he gets the chance to stretch his arm, you will lose control.



It will be almost impossible to rebend the arm of a strong fighter.

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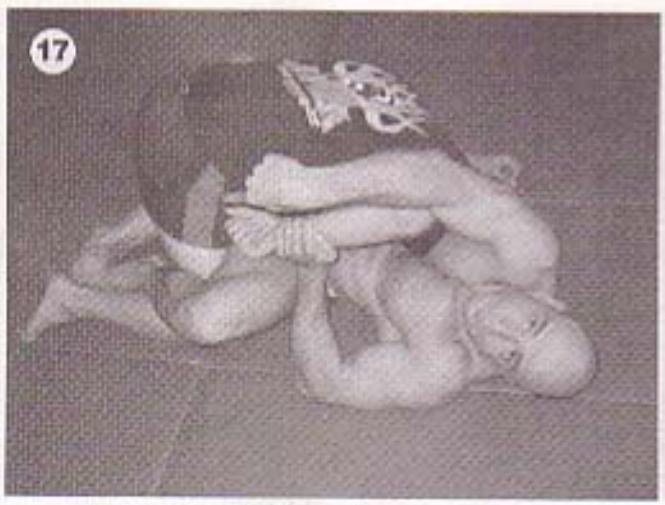
A strong fighter will quickly take advantage of your mistake.

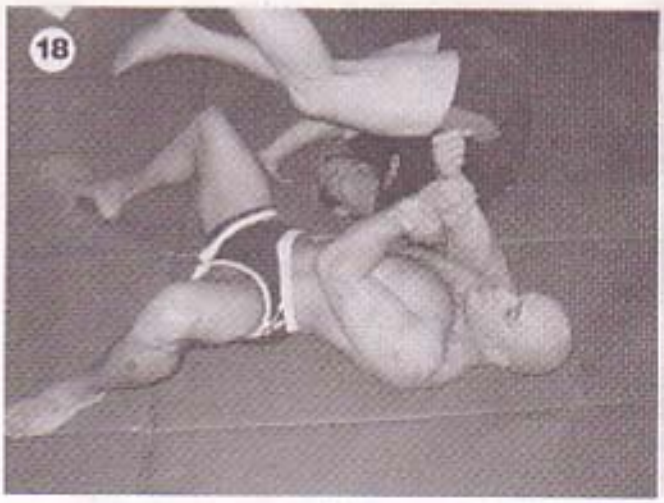
The lock is lost.

Everything you did is lost.

He is gone!



In addition, if you hook your legs improperly like this...



...your opponent will roll out to escape, so correct technique is a must.

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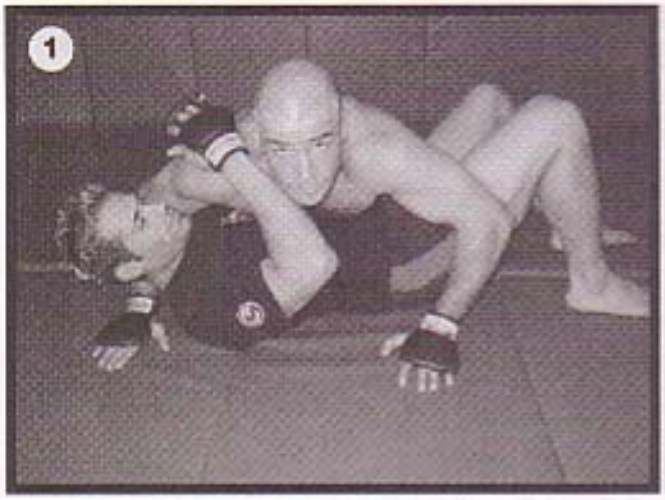

Arm Bar: Start in the side mount position.

Grab his left triceps with your right hand, securing his arm under your right biceps.

Twist backward, and bring your right foot backward and your left leg forward.

Now bring your right leg up and forward.

Place your right leg over his head.

To apply the arm bar push your right hip forward and pull your right shoulder back.

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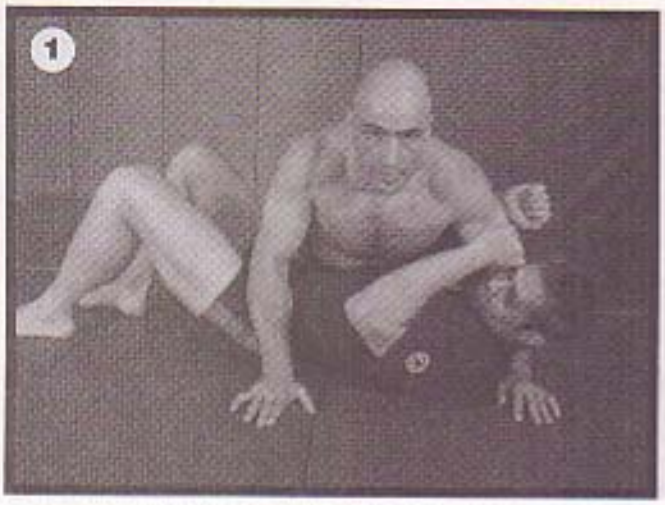
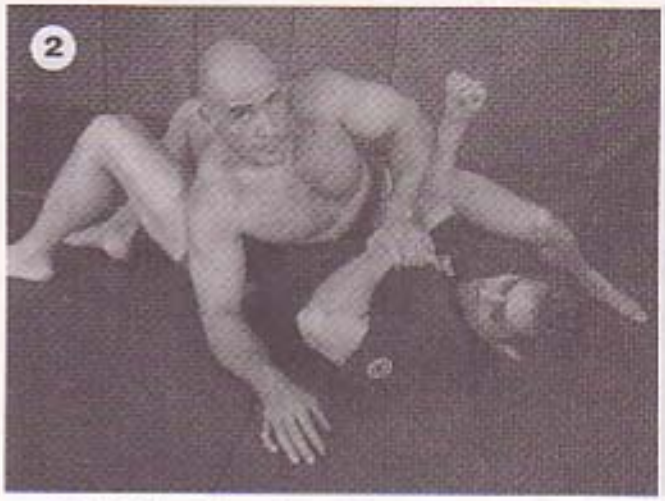


Wrist Lock: Start in the side mount position.



Grab his left wrist with your left hand.

Tuck his left arm next to his side with your right arm.

Grab his right shoulder, keeping your right elbow tight against his body.

The wrist will bend now.

Finish by pushing his wrist down and away from his body.

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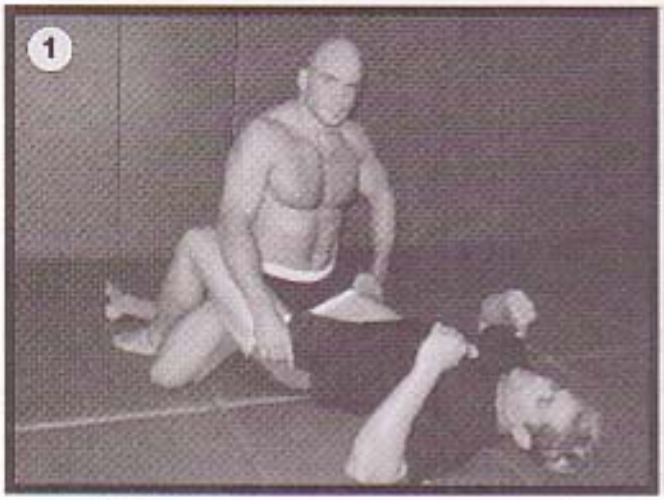
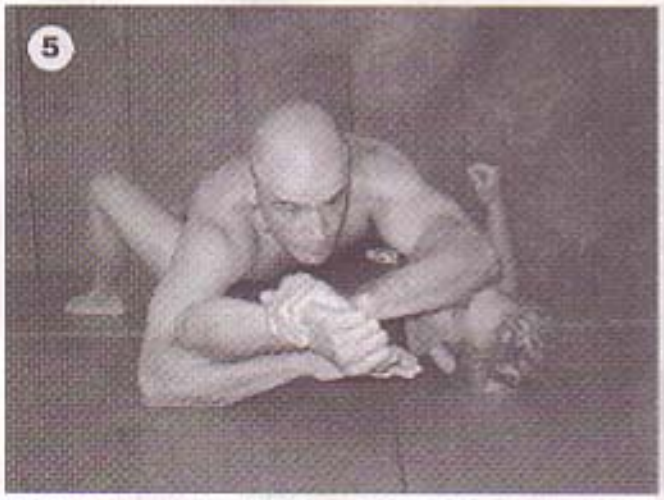


Figure 4 Arm bar: This begins in your opponent's half guard position.

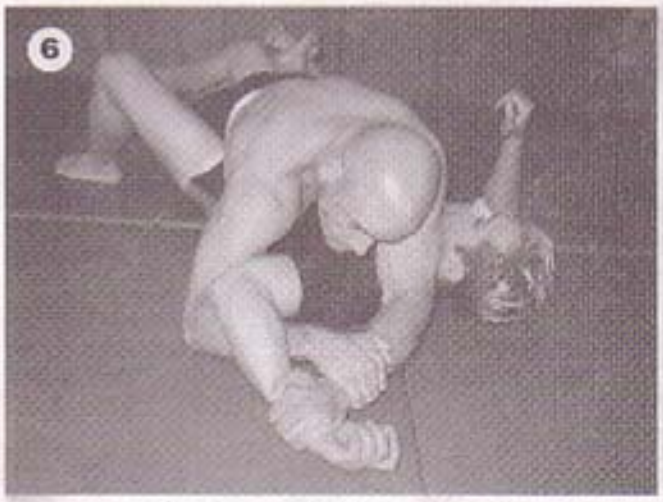
He grabs you around the neck.

First hook your right foot beneath his right leg.

With your left hand grab his left wrist.



Push his left hand down. Slide your right arm under his arms.



Grab your left wrist and bridge to pin his hips down.

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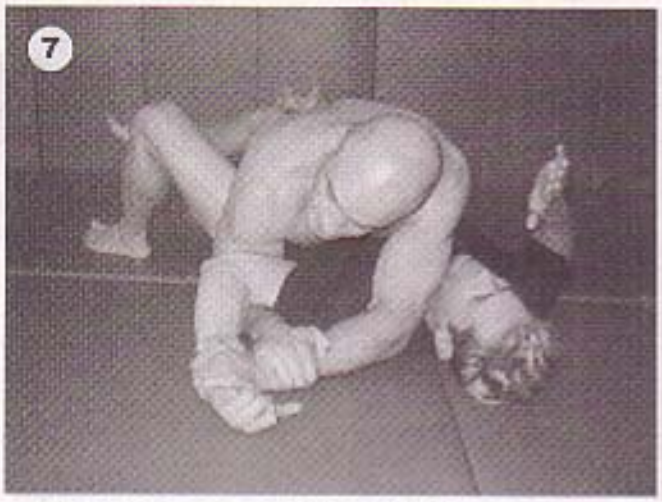
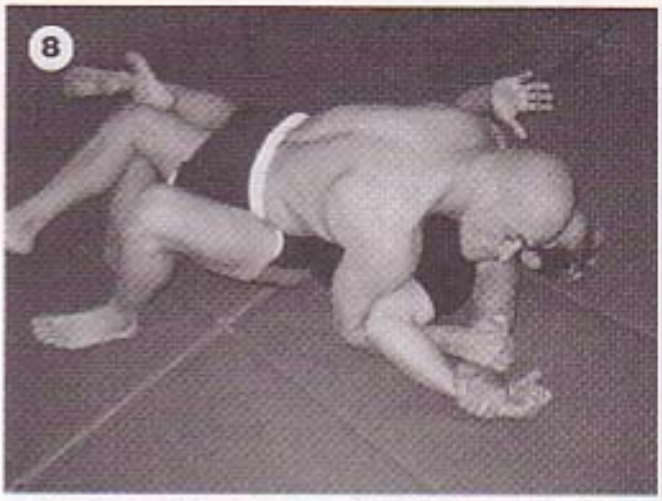
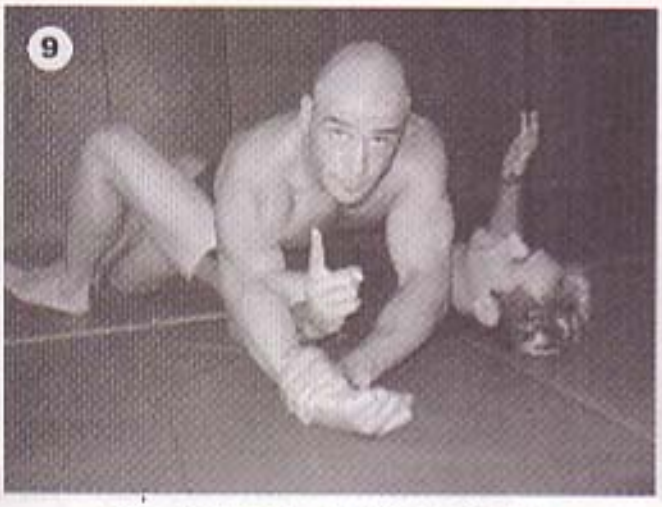


From here, you slide his left arm down toward his feet to finish.

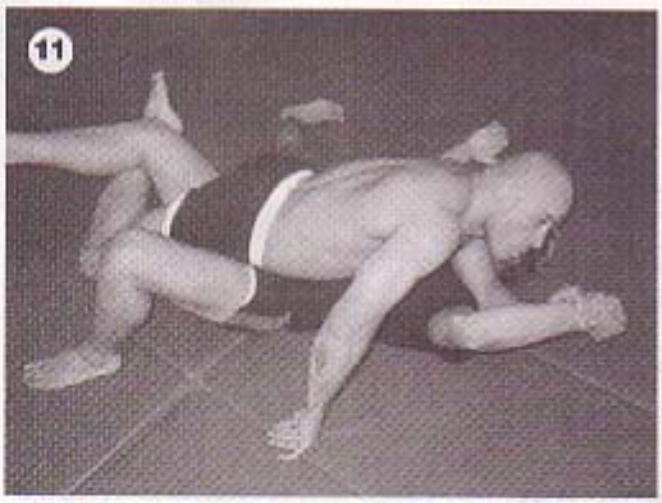


Again, make sure you hook his right leg with your right foot.

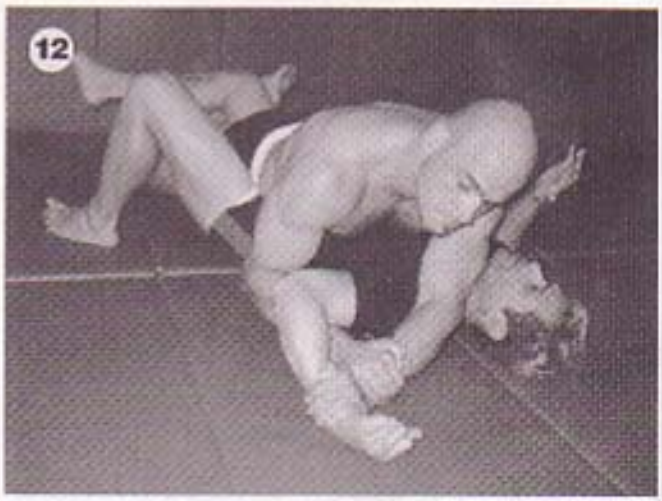


If you don't hook his right leg and he rolls you to the right...

...like this...



You will not be able to post your left leg out to stop him, like this.



Finish the Figure 4 Armbar.

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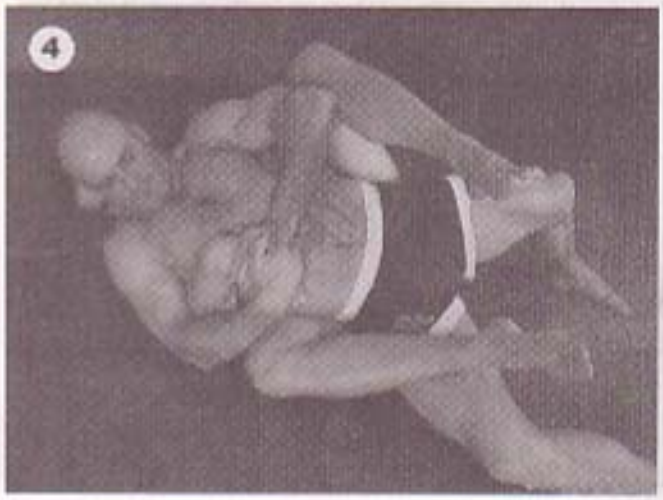
Wrist Lock And Arm Bar: He has your back with his arms inside your arms.

Grab his right hand with your left hand in order to control the arm.

With your right elbow push his right arm against his side.



Now with both hands push his hand down to complete the lock.

From the same position you can arm bar.

Grab his right hand with your left hand.

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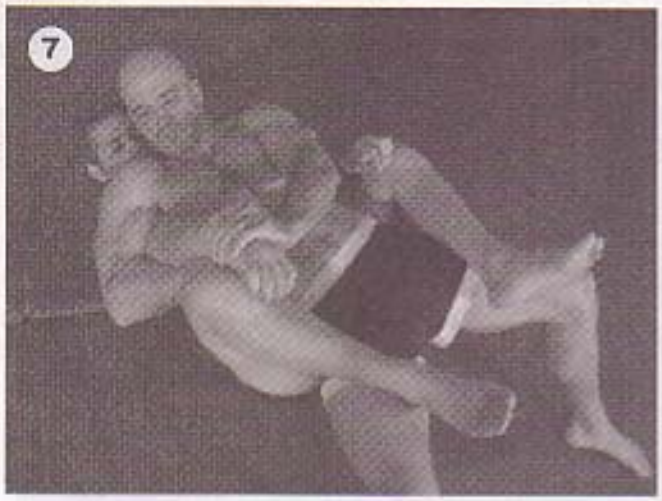

Bring your right hand under the elbow of his right arm.

To finish, pull your right arm up and push your left hand down.

If it doesn't work...

...go for the same wristlock we did before.

Push the hand down until he taps.

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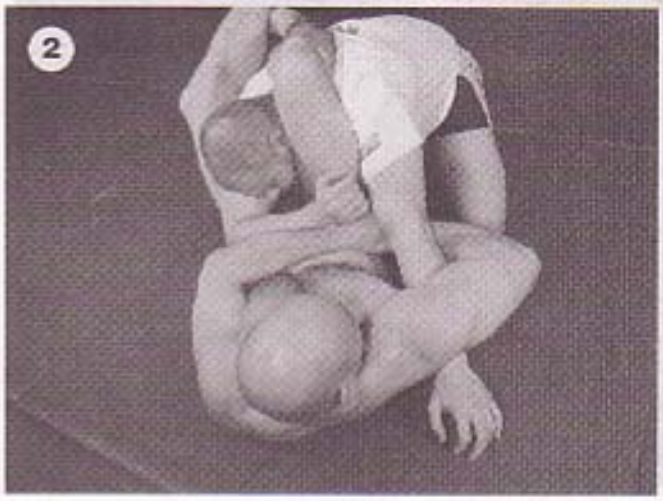
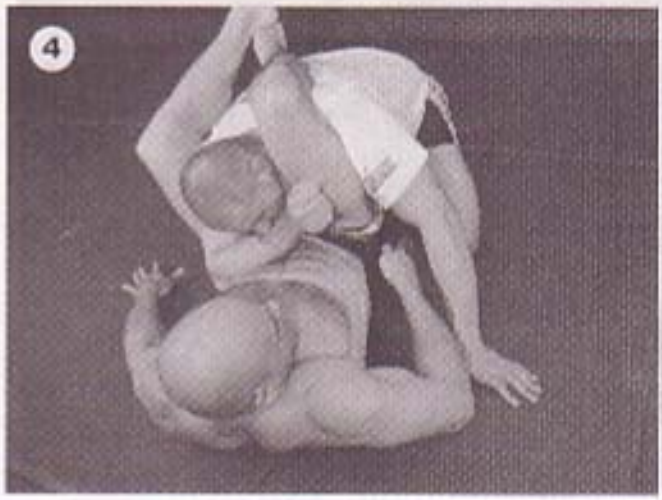
Arm Bar & Arm Lock:
Start in a triangle choke position.

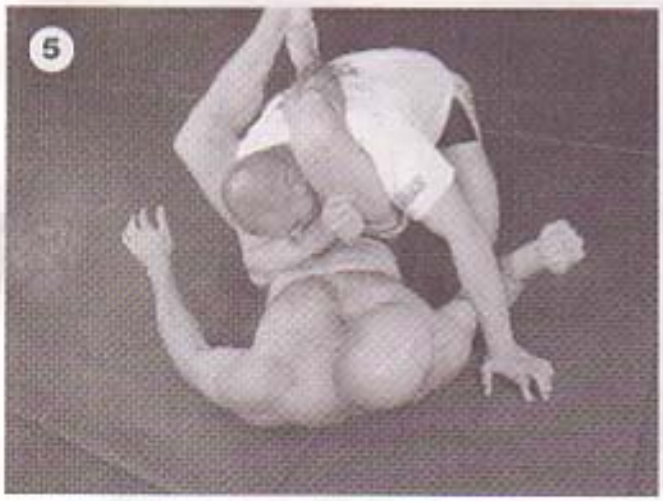


Simply catch his left arm at the elbow and hyperextend it for the submission.

Another one is to go under his posted left arm.



Slide your right hand under.



Grab his left arm with your right arm like this.

For leverage catch his hand with the side of your head.

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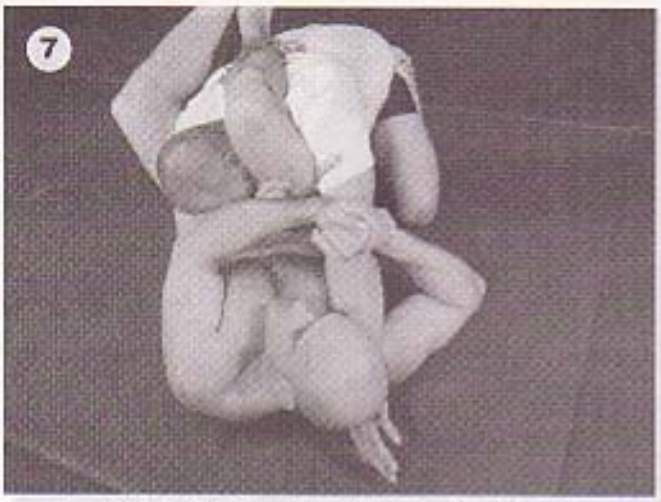
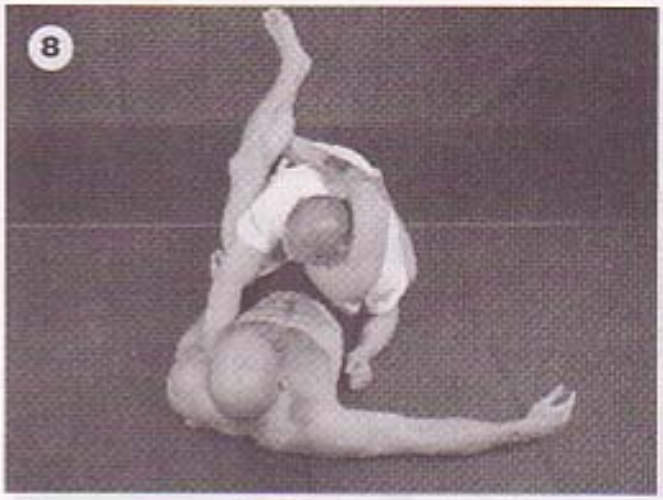


To finish, push his arm inside, keeping your hands directly on his elbow.



The same position but now his right arm.

With his right arm under your left armpit grab his elbow with your right hand.

Now support your right hand with your left.

To finish, push his right arm down, making sure his arm stays bent.

Another technique. Grab his right wrist with your left hand.

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Go over his right arm with your right arm.

Grab your left wrist.

Submit him by pushing his arm upwards, making sure his arm stays bent.

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Arm Bar And Wrist Lock Combination: In this position he has your back.

Bring your shoulders up to protect your throat as he attempts to choke you.

Grab his right hand with your left hand.

It is very important to hold and turn his wrist like this.

With your right hand, grab the back of your head.

Push his right hand to the right side to hyperextend his arm.

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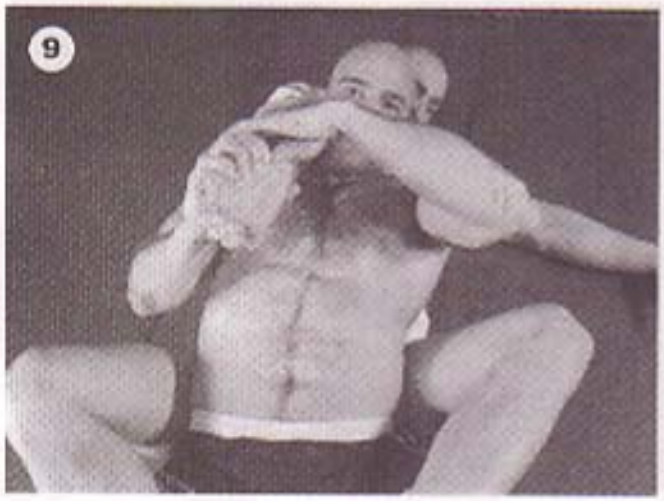
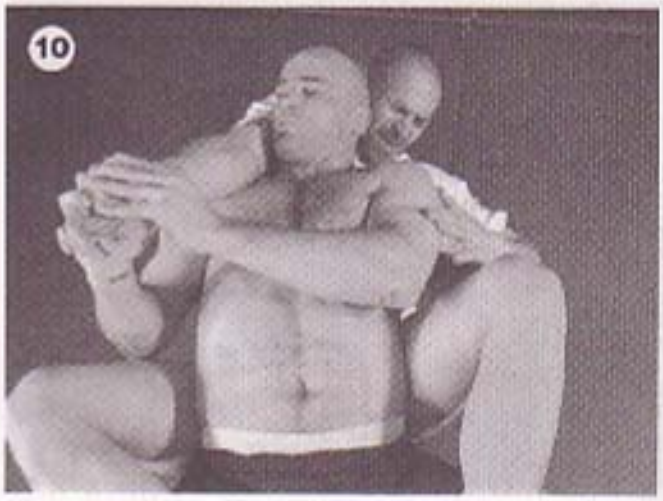
Or you can do this!

Turn his right hand over to the right.



Turn like this, also turning his arm.



When his elbow is on your shoulder pull his hand down to finish.

This is another one you can do when you have his hand like this.

Bring your right hand under his right arm.

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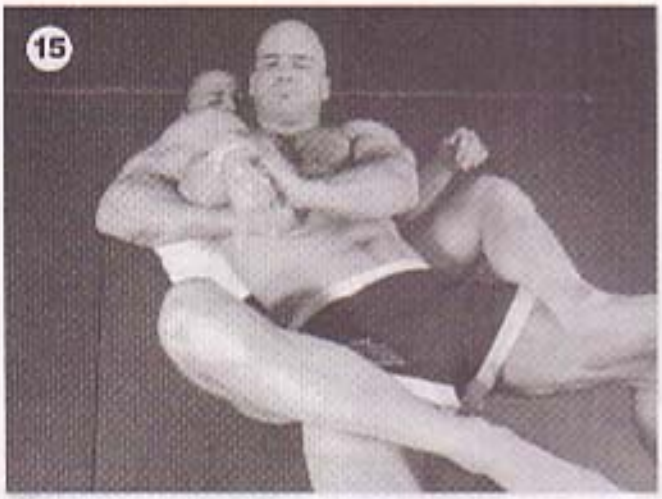
All the way up.

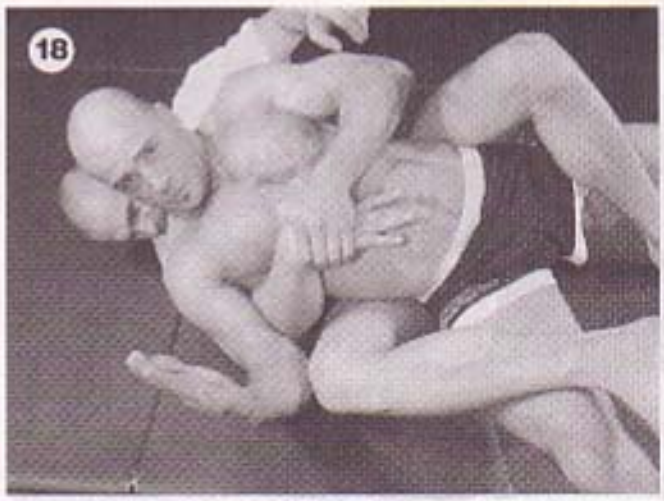
Bring your right arm down and wrap around his right biceps.



Slide your right hand up on your chest.

To finish, push his right hand down as you pull your right arm in.

Lets keep going.



Keep control of his wrist and roll to your right like this.

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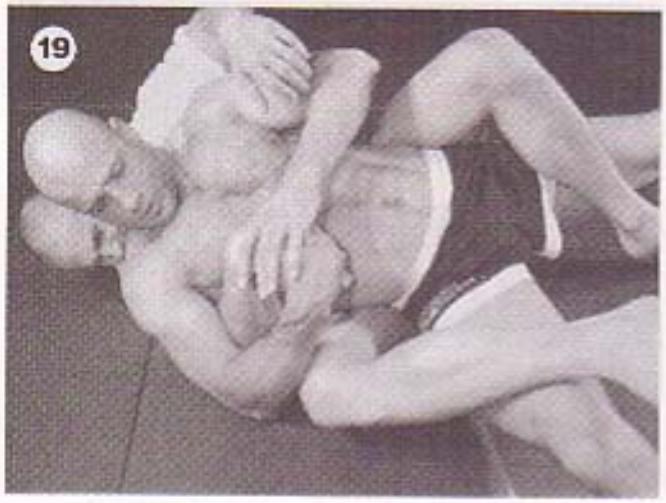
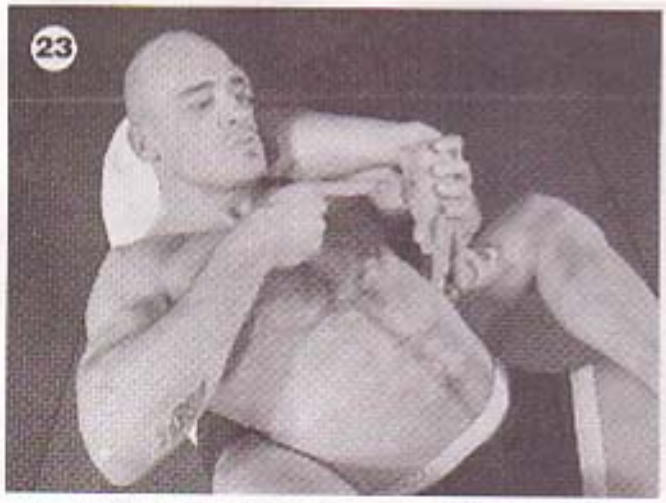


Keep his arm tucked in tight and put your left hand under your right.

Push down with all your weight until he taps.

Here you see the correct position his hand should be in.

One more for good luck! Grab his right arm bringing it over your head.



Put his right elbow on your left shoulder while holding his hand like this.

Finish the arm bar by pulling your hands right and pushing your head left.

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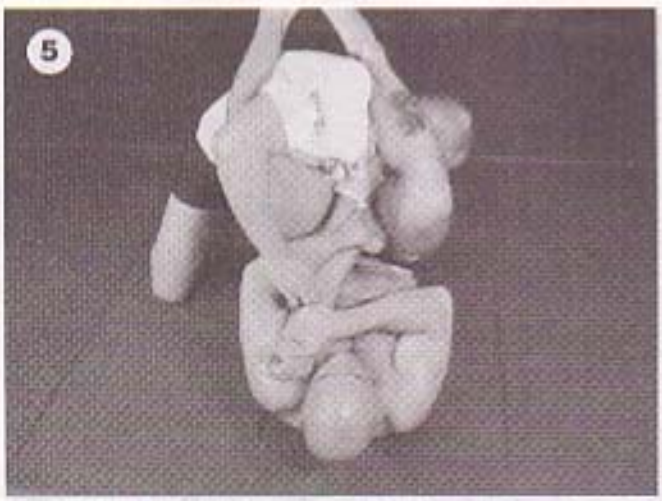
Arm Bar: Begin with your opponent in your guard position.

Put your left foot on his right hip and grab his left triceps.

Cross face with your right arm while continuing to push his right hip.

Open your legs and bring them over to the left, catching his head with your right leg.



Squeeze your knees together as you pull his left arm straight.

Bridge your hips up and pull his arm down to finish.

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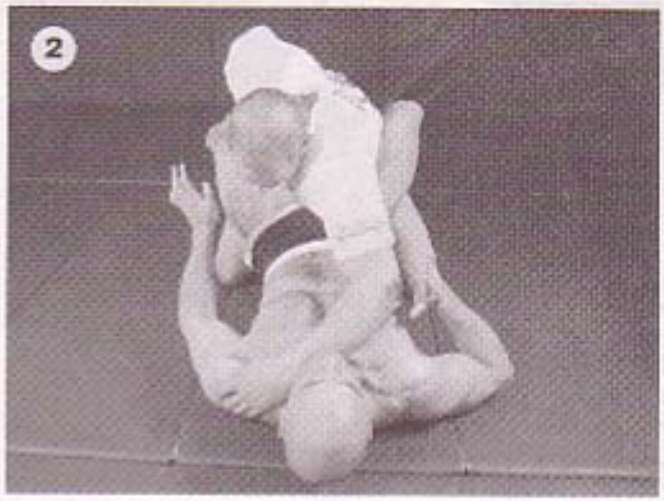
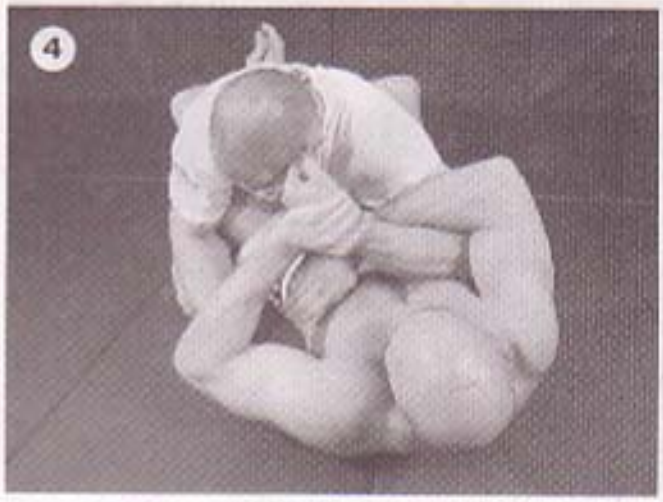
Wrist Lock: He is in your guard.



Grab his left wrist with your left hand.

Slide your right hand over his left arm.



Bring your right hand to your left wrist.

Grab your left wrist.

Slide your left hand on top of his left hand and push down until he submits.

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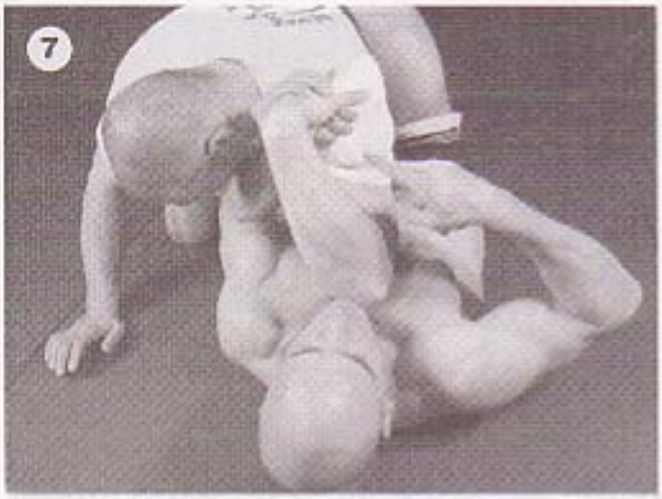
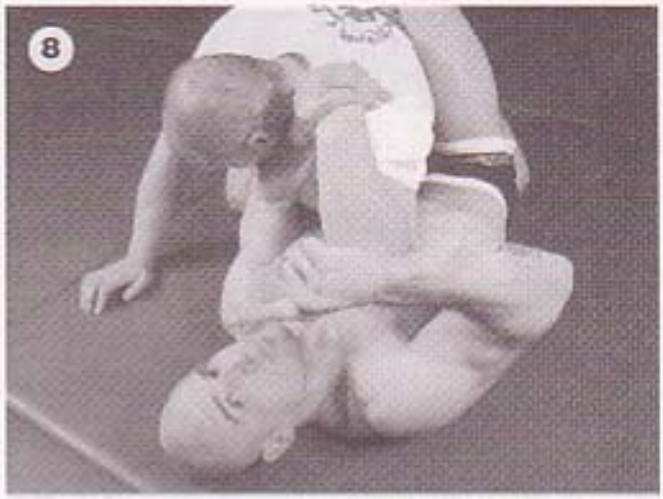


Keep pulling his wrist down with your left hand, like this...

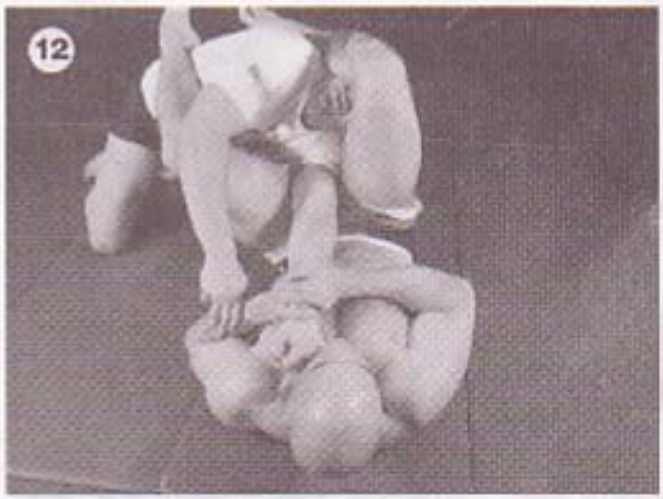


...and then you can do this.

Hold his left arm tight and swing your right hip out to the side.

Like This!

Bring your legs forward to catch his head, making sure his arm doesn't get in the way.



Put your right leg over his head. Bridge and pull his fist to your chest to finish.

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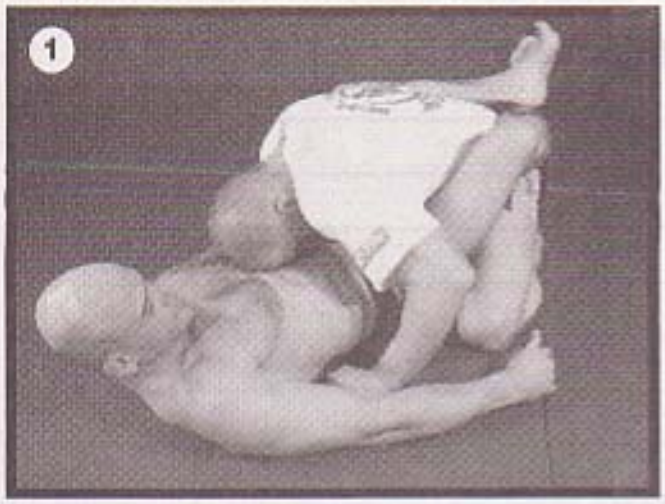
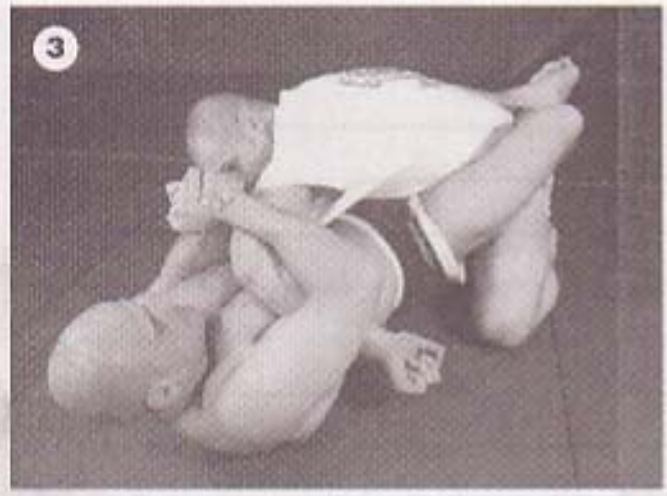


Arm Bar: He's in your guard.

With your right arm, hook the outside of his left elbow.



Grip your hands together and pull his elbow to you.

Keep cranking his arm to the left.

Now if he tries to grab his left arm with his right hand...

...open your guard, bringing your legs over his head and side.

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Use your legs to push down and there is his arm.

Cross your feet, grab his right wrist and bridge to finish the arm bar.

Arm Lock: We begin with the opponent in your guard position.

Hook behind his right elbow with your left arm.

Grip both hands together and pull his elbow in.

Keep it tight and come over his arm with your left hand.

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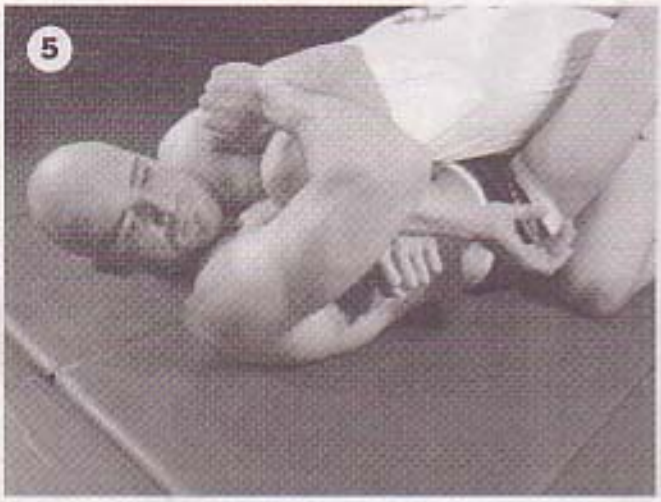
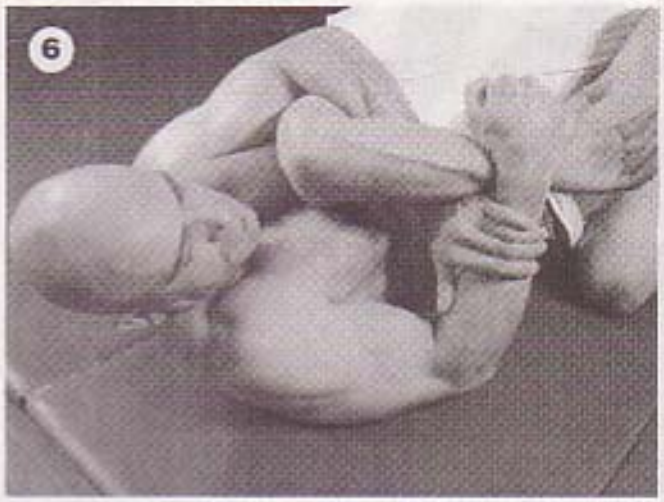


Slide your left arm under his left arm as you keep pulling his elbow to you.

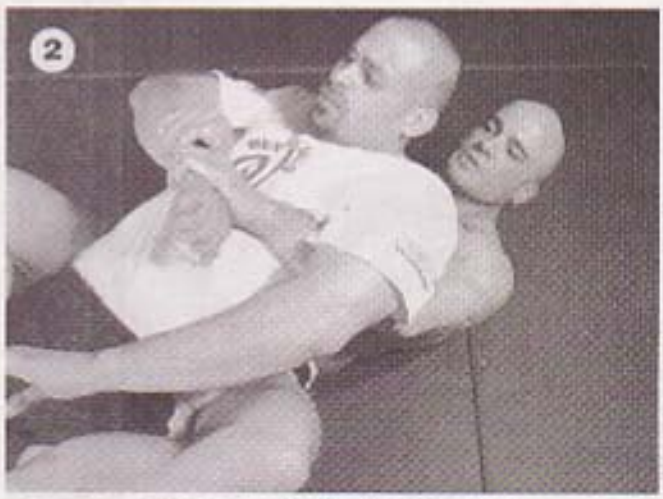


Bring your left hand through and grab your right wrist like this.

Keep his arm bent and push his arm upwards for the submission.

Training Notes

Arm Bar: You have his back with your heel hooks in for control.



First grab his right wrist with your left hand.

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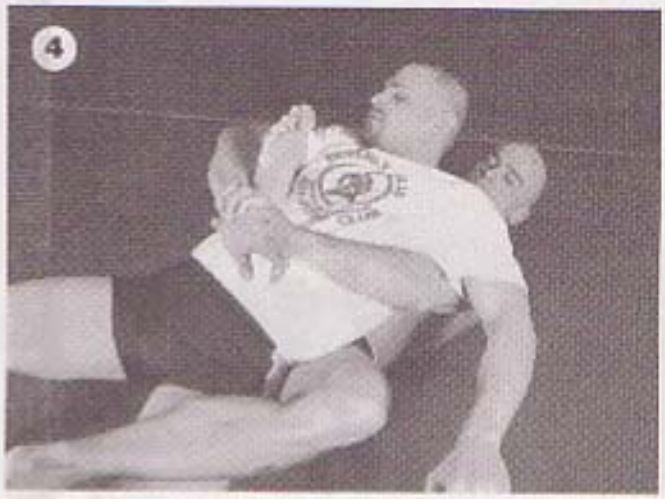
Push his right arm out to create space.



Now bring your right foot under his right arm.

Keep pushing your right foot all of the way through his arm.

With your right foot, trap his left arm to the floor like this.

Turn left and bring your left leg back over his head.

Your left leg should be in this position.

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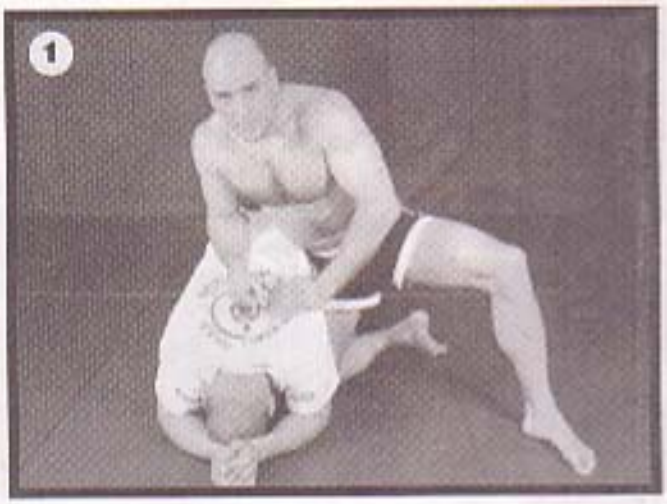
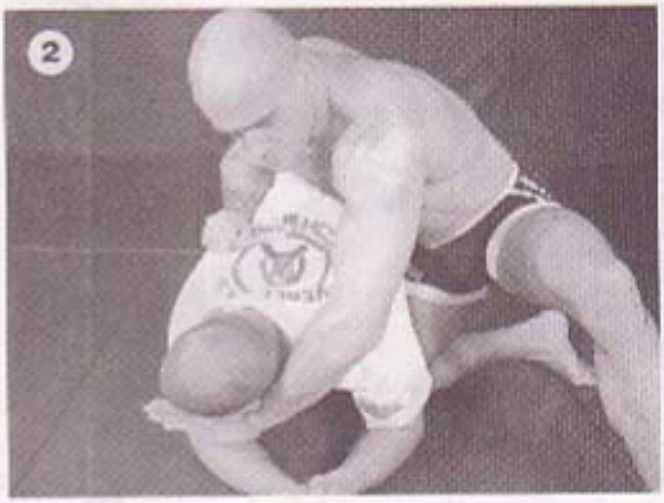
With his left arm secured, bring your belly back a little to create space.

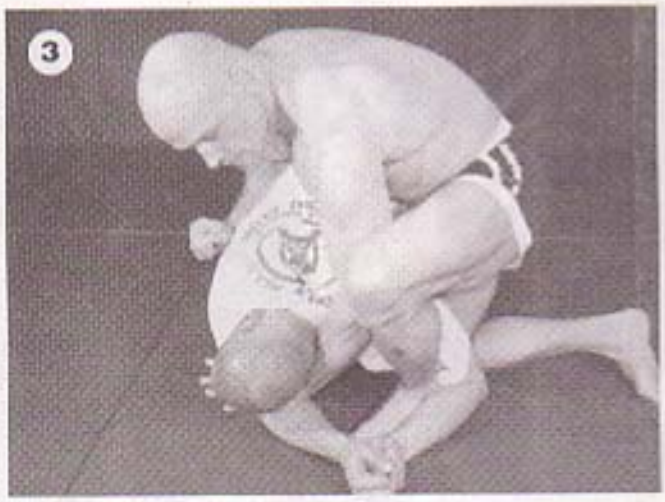
To finish the arm bar, press on his elbow until he taps.



Arm Bar: Your opponent is in this position on all fours.



To create space between his arms cross face him with your left arm.



Step over his left arm with your left foot.

Hook under his left arm with your left foot, sliding your hips down.

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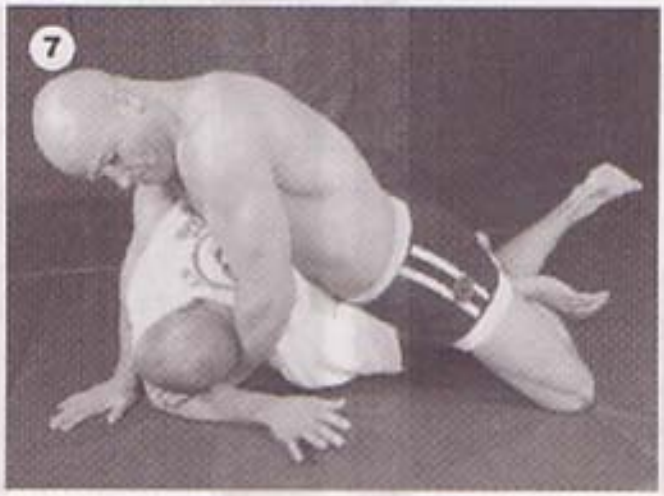
When your feet reach his wrist, hook your left foot over your right leg.

Keep his arm tight like this.



Now push your hips down and your feet up for the submission.

Training Notes

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Arm Bar: He is in the side mount with his right arm between your legs.

With your left hand push his head down.

Bring your left leg up and catch his head behind your left leg.

Hook your left foot behind your right knee.

Grab his left arm with both hands.

Finish by gripping your right wrist and pushing his hand toward his head.

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Arm Bar: He has the side mount with his left arm under your neck

Push his throat up with your left forearm, but not too high.

Bring your left leg back.

Hook his head with your left leg while controlling his left arm with your right arm.

Arm bar him by pulling his elbow to your chest.

You can also do this.

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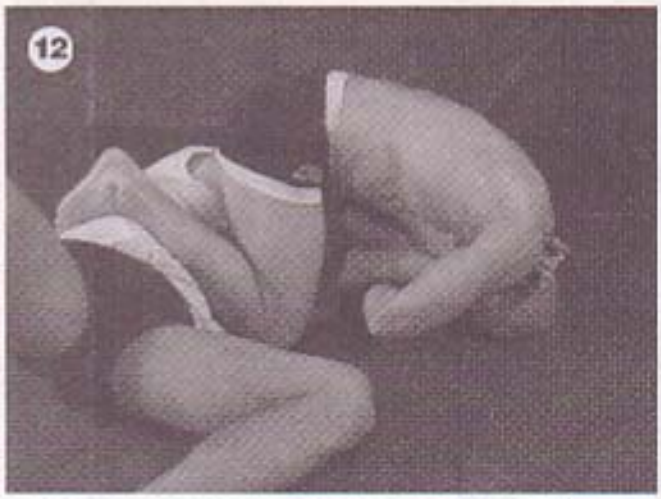
Make an arm bar on his right arm.

If you have this arm bar...

...and he surprises you by rolling out to escape...

...don't worry, just stay with him as he rolls.

Roll over with him, controlling his arms like this.



When on top, make the same arm bar from this position.

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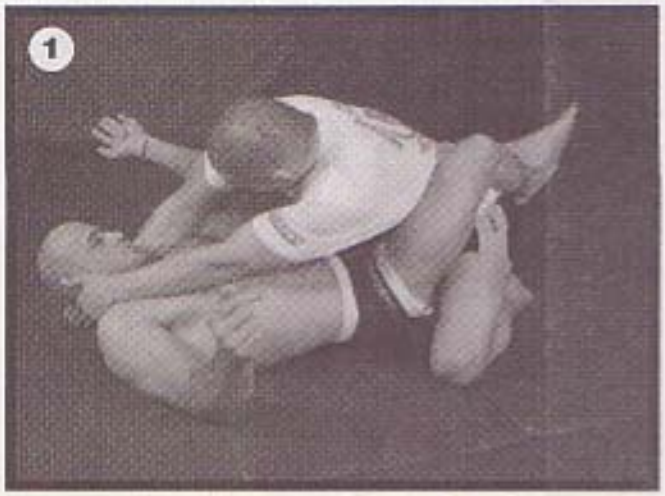
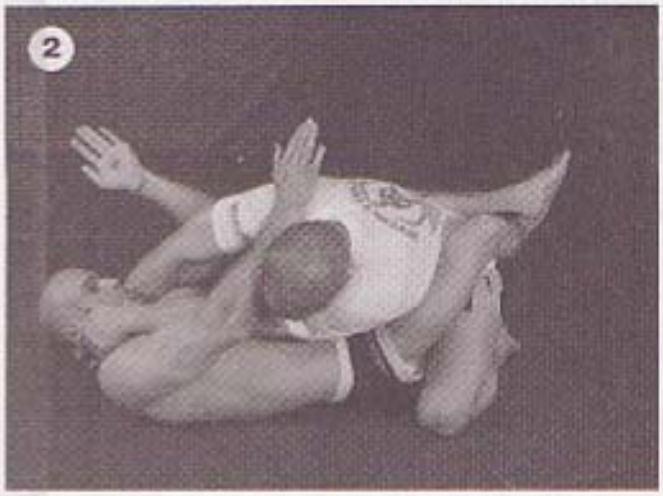
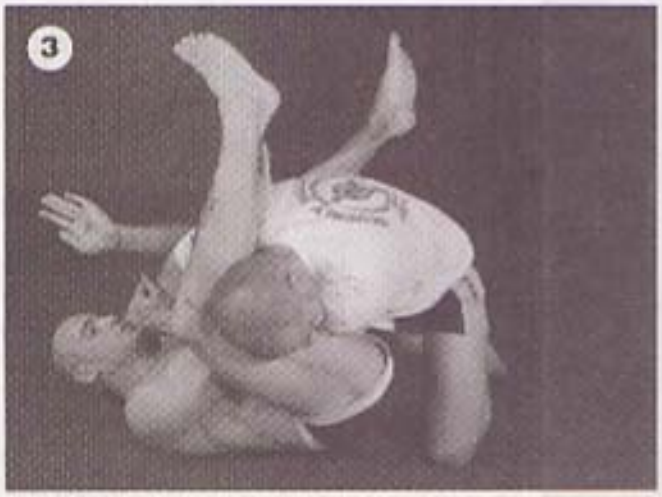


Arm Bar and Arm Lock:
He is in my guard and holding my head.



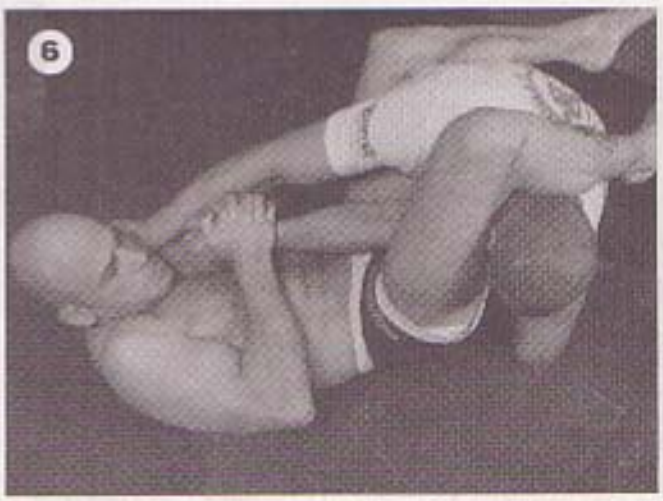
I push his head away with my right arm while pushing his left arm in.



With my left leg I grab his head.

From here I pull his right arm to my chest to finish.

Or I can also do this.



Grab the left arm and bridge to apply an arm bar on that one.

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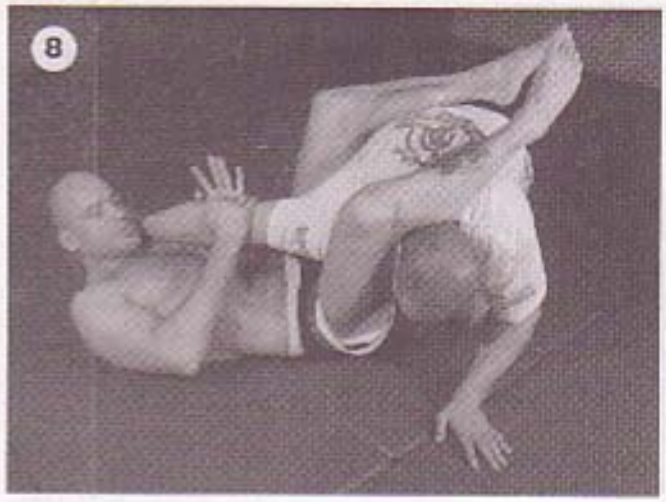
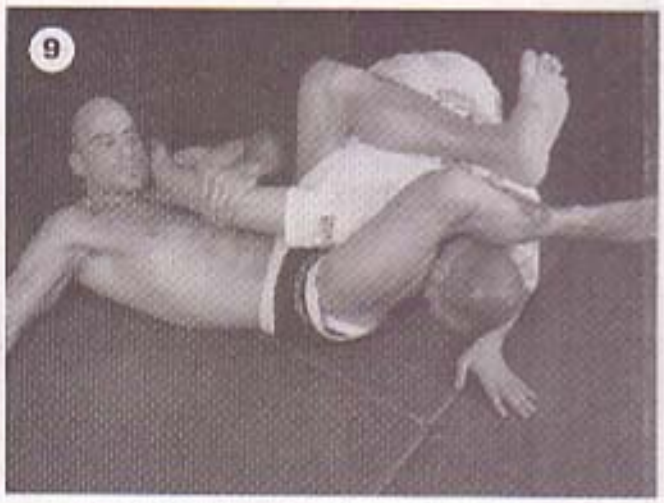
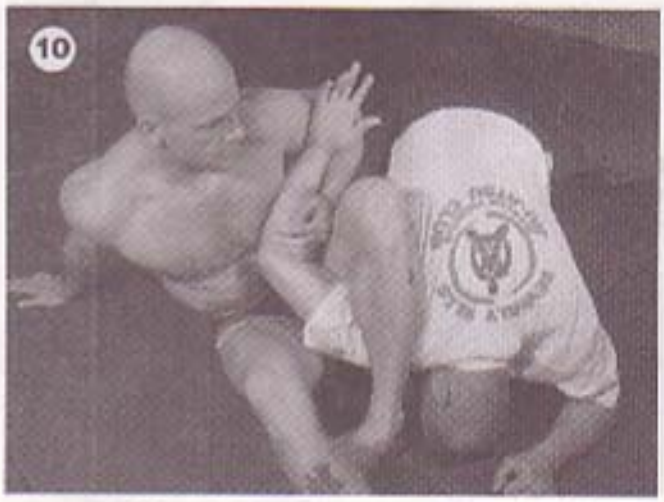
But there's more!



From this position you can push his right arm on the elbow.

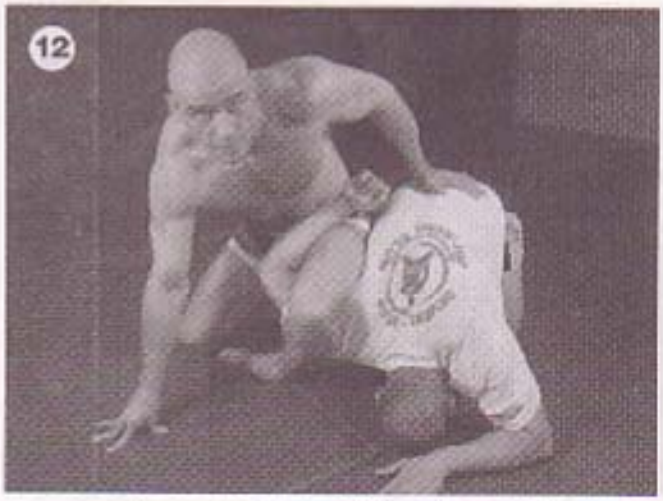


Push his elbow to the right to bend it.



Sit up bringing your left leg over his shoulder.

Hold his body so he can't roll out as you continue to sit up.



Now push your hips forward to finish the submission.

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Arm Bar: More techniques you can execute from this position.

Bring your right leg to the other side of his head.

With your left leg push his head to the left.

Bring your right leg down.

Hook your left leg over your right foot *for a nice triangle choke.*

Squeeze your legs and pull *his head down to finish.*

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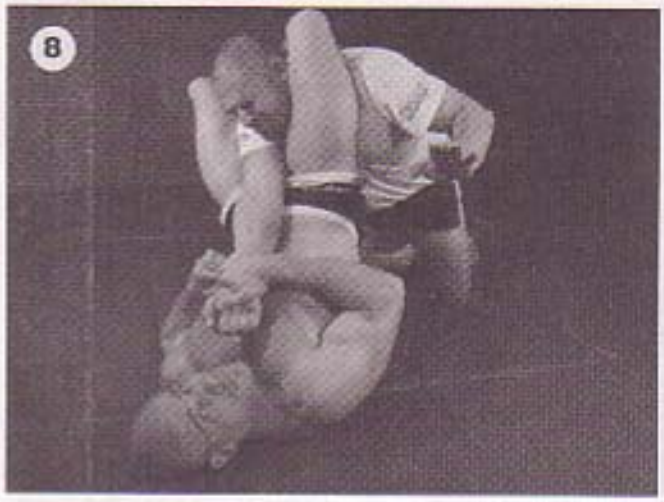
Now with his arm right here an arm bar is easy to do.



Grab his wrist pull his arm down and bridge to finish.

One more technique to remember, which is more secure.

Grab your right leg with your left hand.

Bring your left leg over his head and arm bar.

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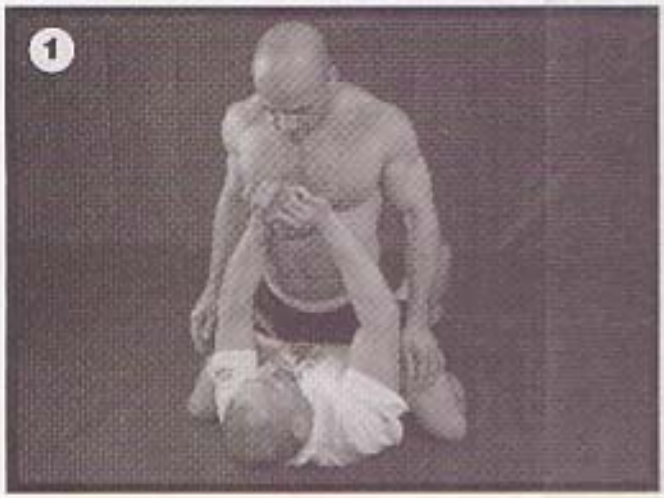

Arm Bar: You are in the mount and he tries pushing on your chest.

Drop down and catch his left arm on the left side of your neck.

Keep pushing on his left arm and twist your body to the left.

Bring your right leg over his head.

With your right foot on his head and your left foot on his body...

...finish the arm bar by pulling his right arm up to your chest.

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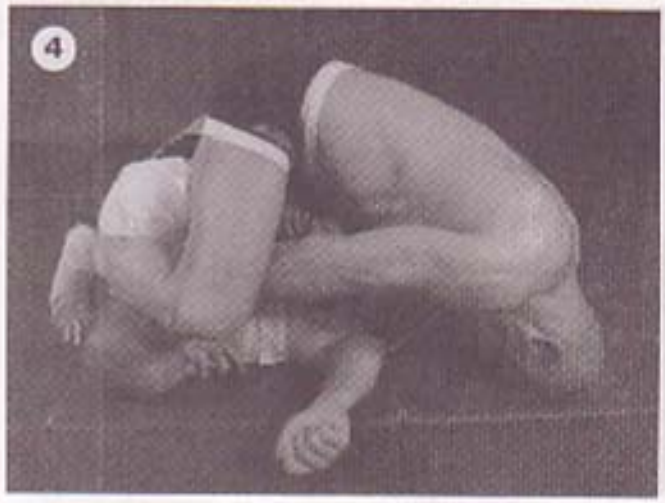
Arm Bar: You are in the mount and he makes a stupid error again.

This time as he tries to push you off, grab his left arm.

Cross face him with your right hand.



Again, step over his face.

At this point, pull his left arm straight up for the submission.

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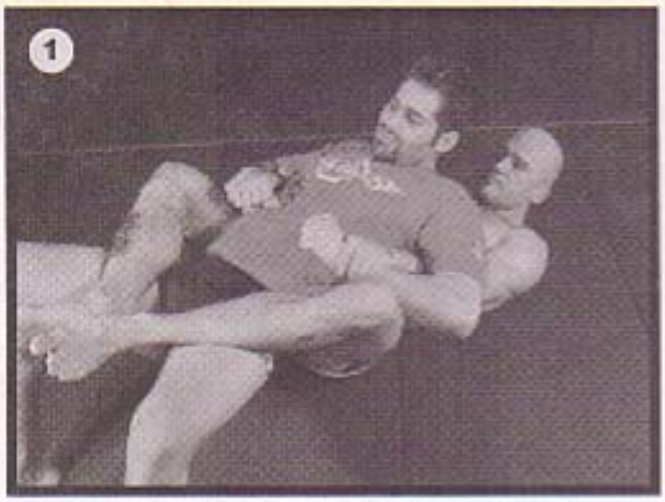
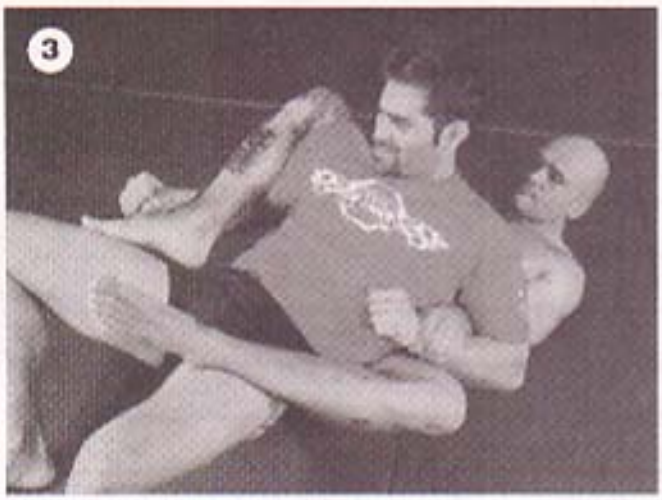


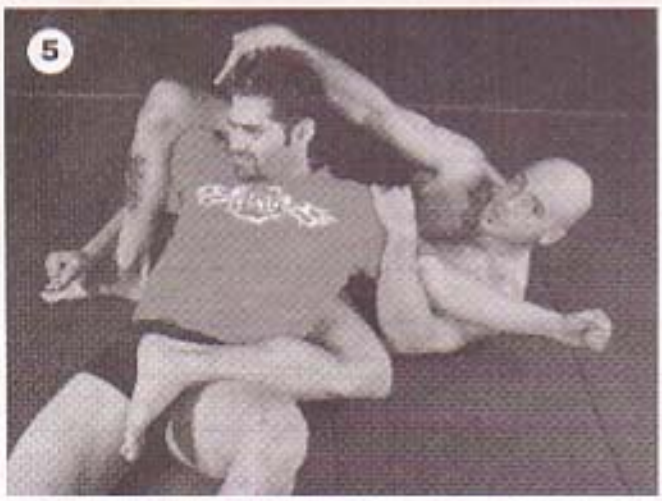
Arm Bar: You have his back holding both wrists with your legs crossed.

Release your right leg.

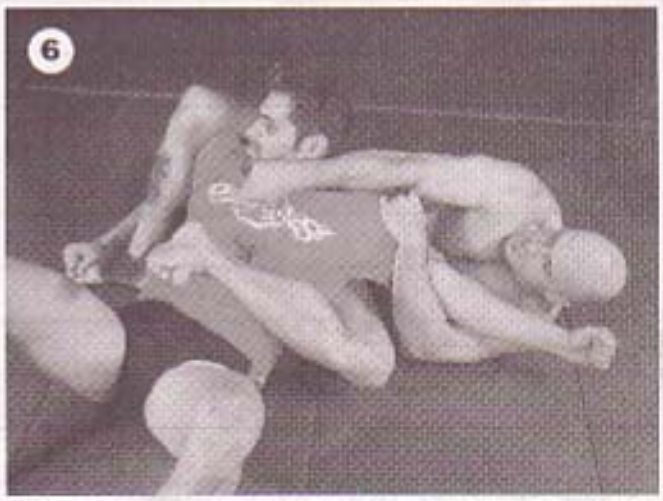


Hook your right leg over his right arm.

Now slide to the side grabbing his left arm with your left arm.



Post your right foot on the floor for good control.



Cross face him with your right hand.

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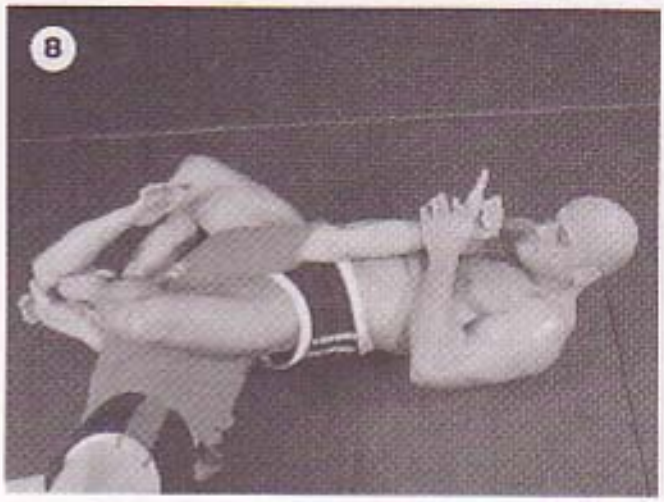
Now bring your right leg over his head.



Cross your feet, bridge and finish the arm bar submission.

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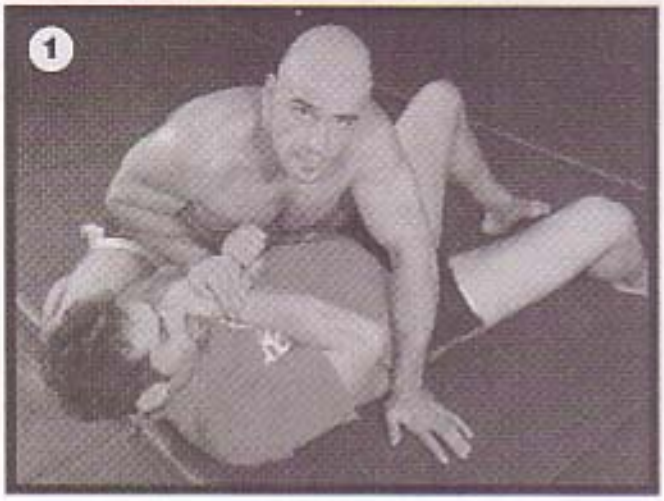
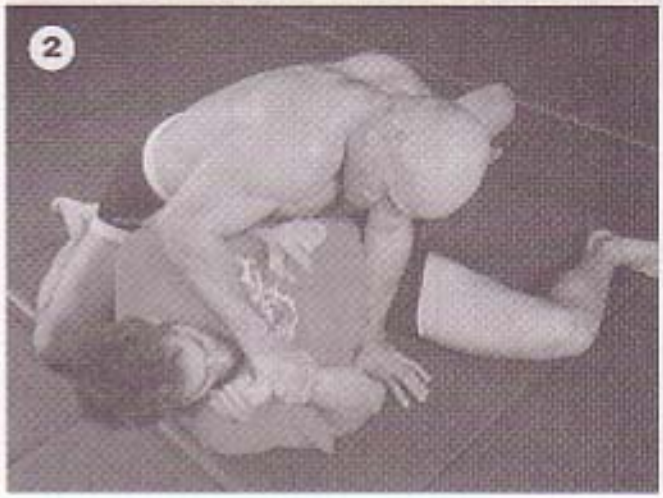


Arm Bar: We start in the side mount holding his right wrist.



With your right hand push his hand down.

Push his right hand on the ground and he will think you are going for a Figure 4.

At the same time step over his head with your right foot.

Now grab his left arm with both hands.

Drop back and finish with the arm bar.

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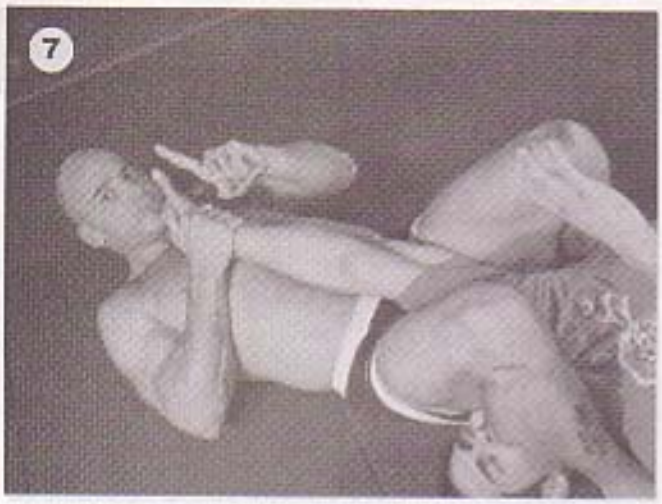

This is always a good thing to do.

Cross your other leg over for even better control and leverage.

Hook your feet together. Now there is no escape, victory is yours!

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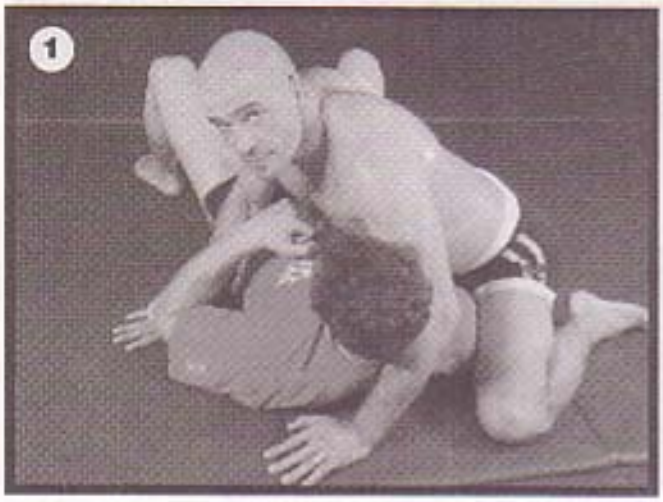
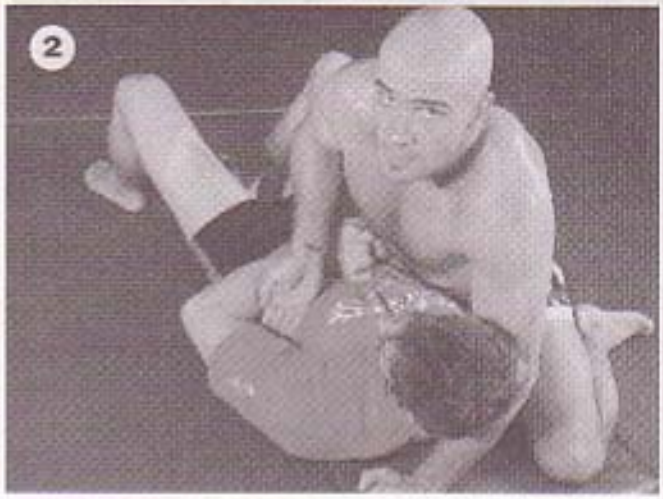
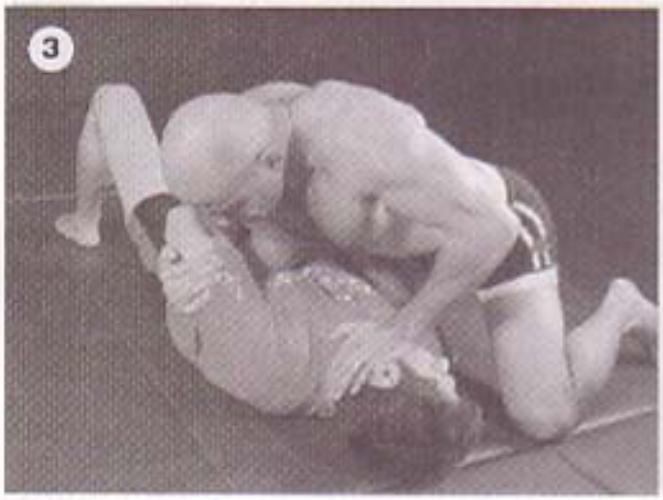


Arm Bar: We start in the side mount.



Slide your right hand under his left arm.



Grab his left biceps with your right hand and push his face down with your left.

Now step up on your left foot.

Place your right knee on his jaw and lift him up.

Now grab his head with your knees...

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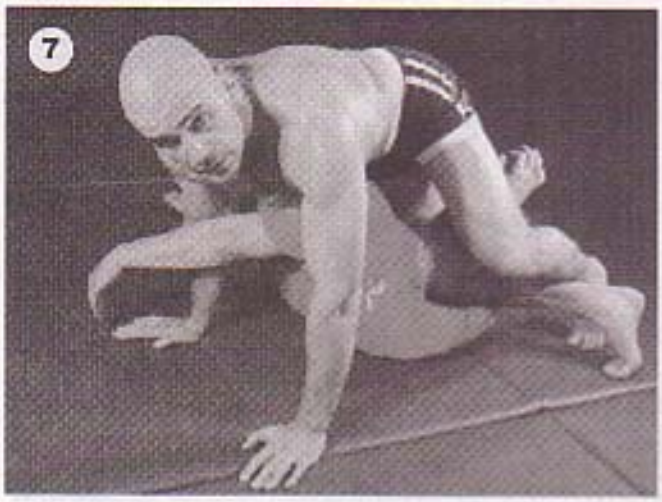
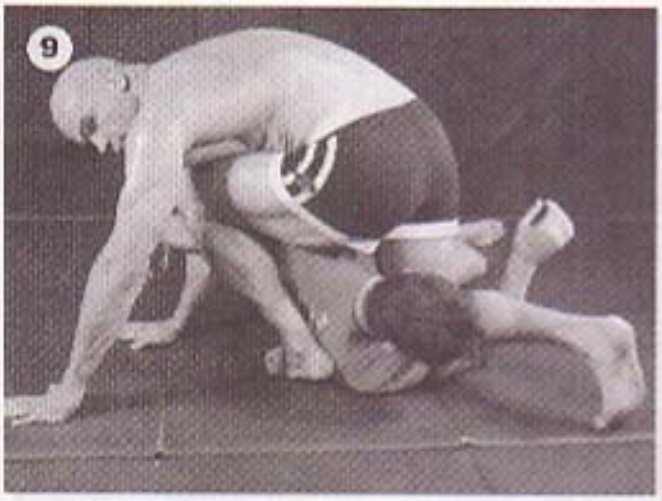
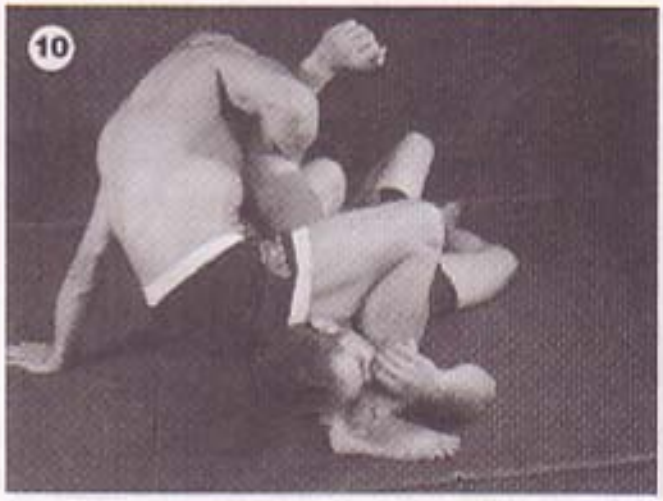


...like this.

Now twist your hips to the right and finish. Or...



...you can keep going by stepping in with your left foot.



Turn, catching his left arm.

Fall back and arm bar for the submission.

Don't forget you can also cross your legs for better control.

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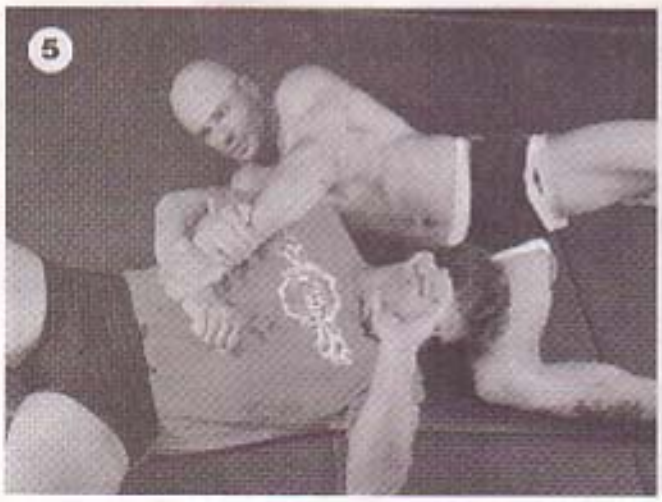
What to do after a badly applied armbar.

Grab his right arm and go for a figure 4 arm lock.

You can't finish him because you didn't have his leg secured.

He rolls out of your lock.



It's OK, stay with him and immediately catch his head with your legs.

Stretch your legs for the neck crank. Just a bonus!

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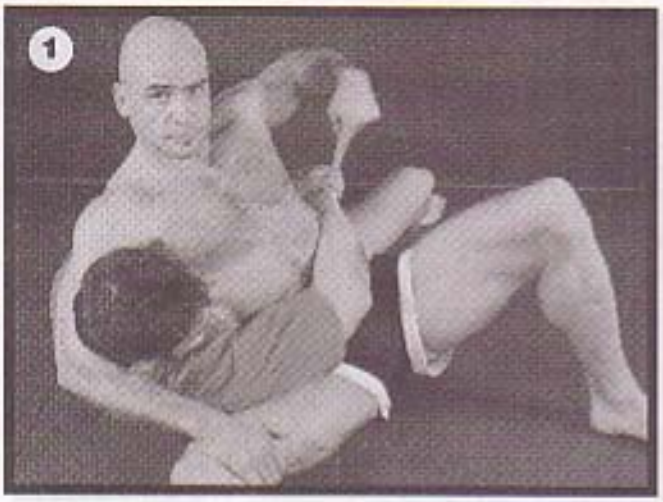
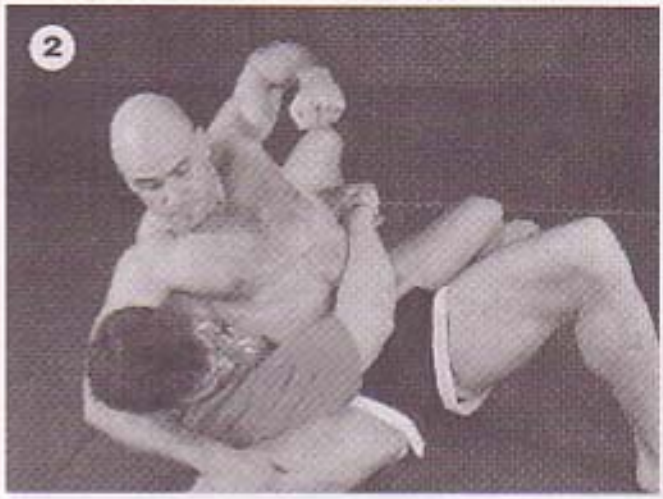
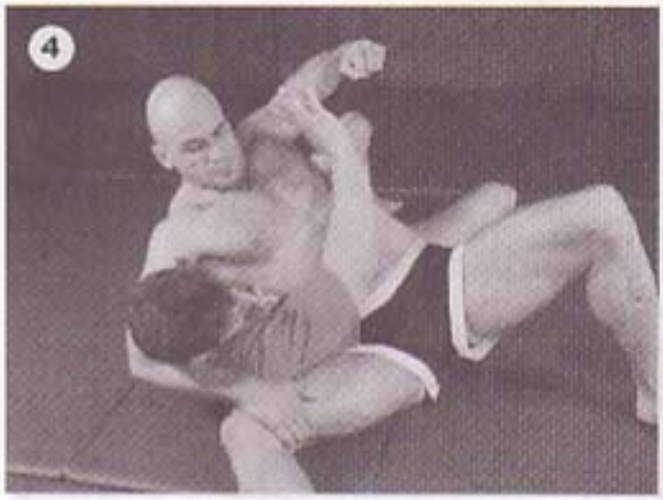


Arm Lock: I have him in a scarf hold and he holds me with both hands.



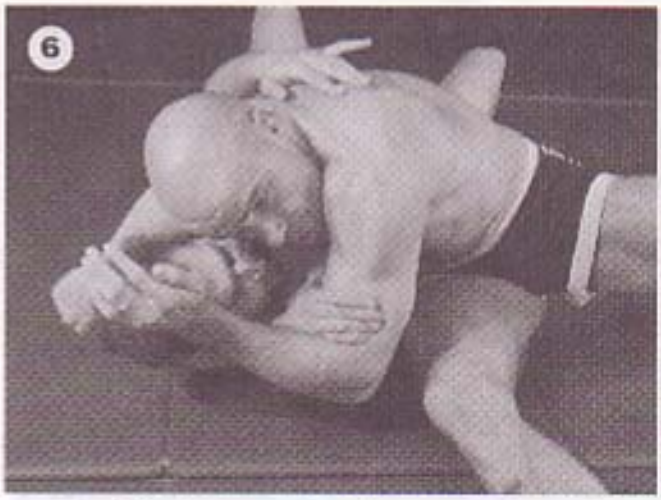
Immediately start punching him.

Strike to the face.



He will want to block his face.

Now push his right blocking arm to the side with your left hand.



Pull in tight and grab your left arm.

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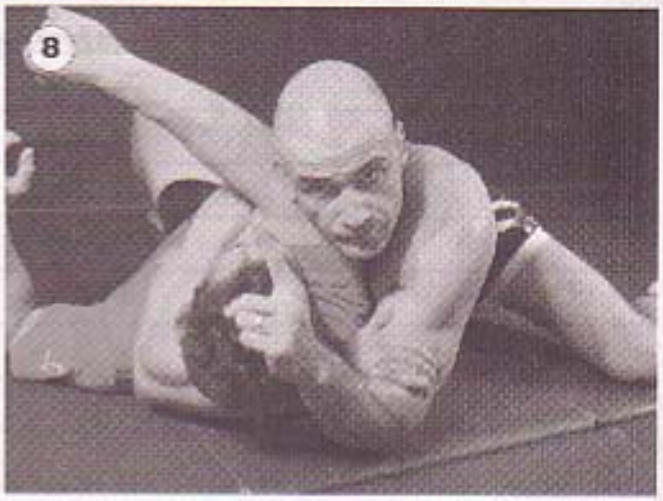
Squeeze and apply the side choke.



Now if for some reason he does not submit to the choke...

...continue to hold him tight.

Grab his right wrist with your left hand.

Pull his wrist to the left and push right with your head for the submission.

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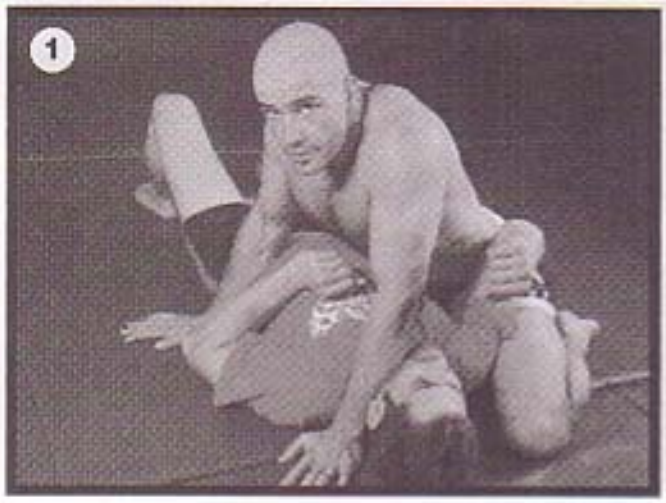
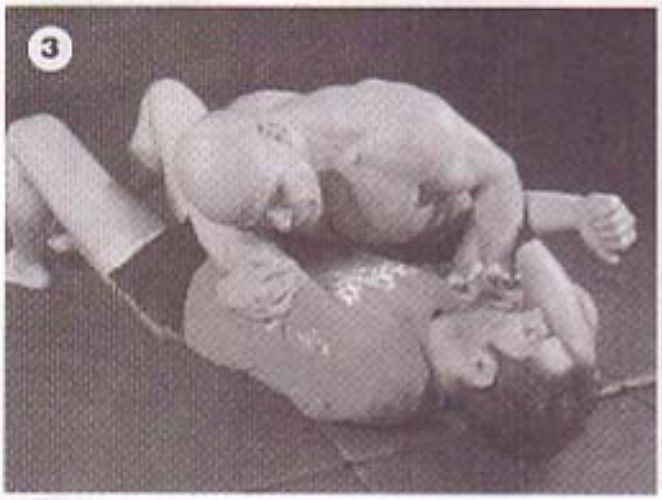
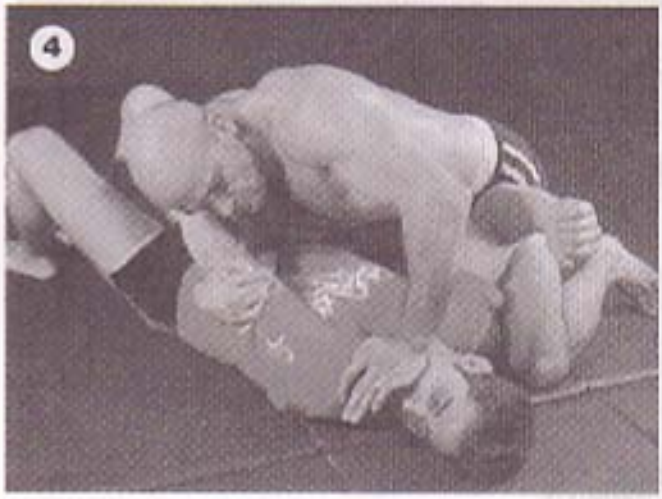


Arm Bar: The technique begins with the opponent in your side mount position.

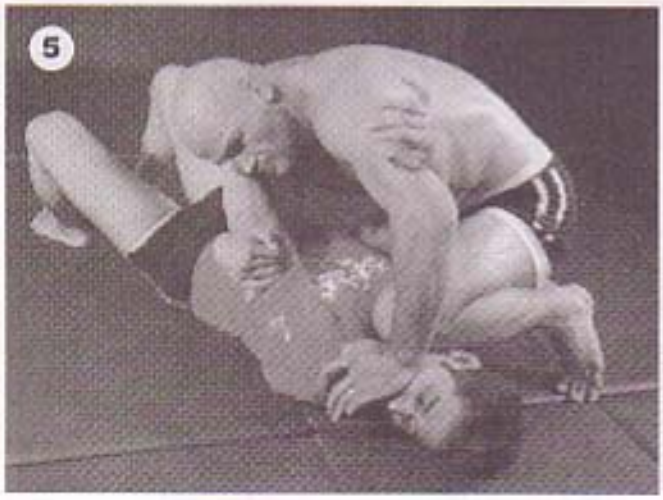
With your right hand, grab under his left biceps.



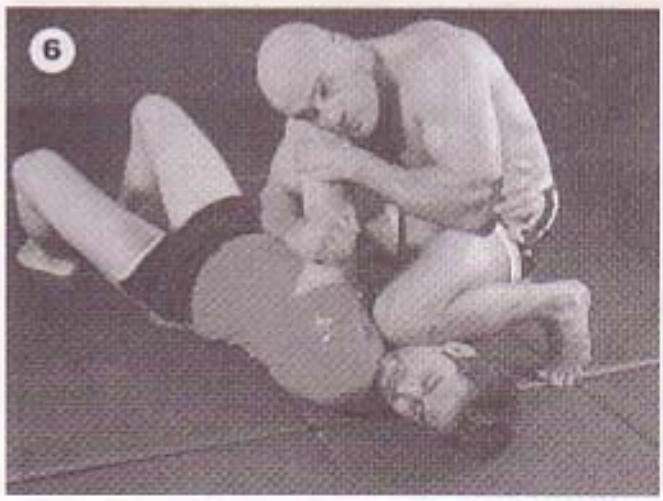
Pull his left arm in, securing it next to your head as you push his jaw left.



Turn his head over, keeping his left arm tight.



Put your left knee on his jaw so that he cannot roll to the right.



Grab and pull his left arm up against your right shoulder.

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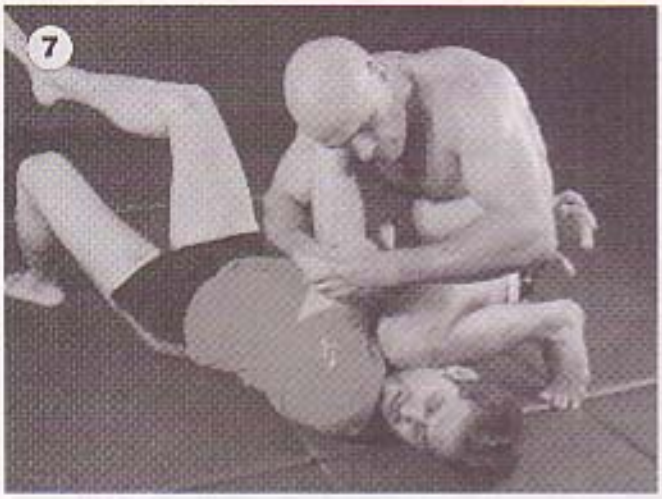
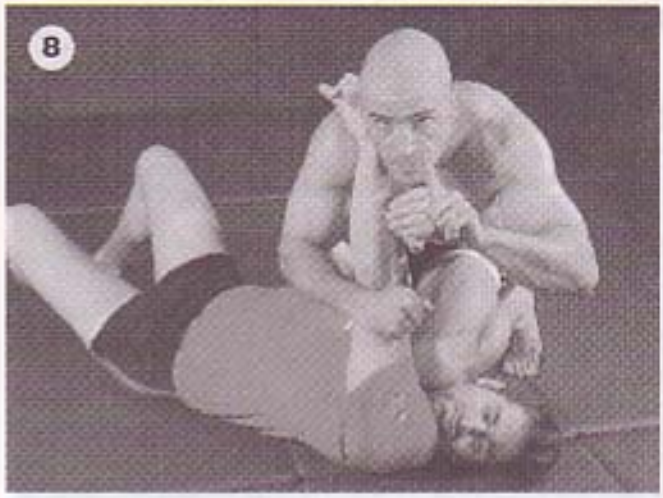
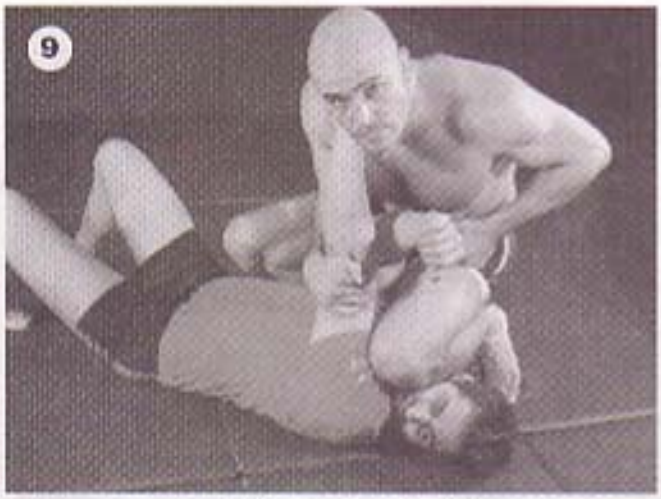


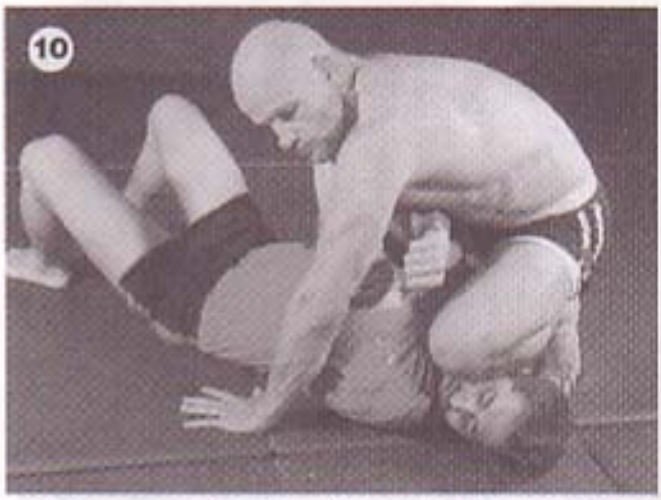
With both hands press in directly on his elbow for the submission.



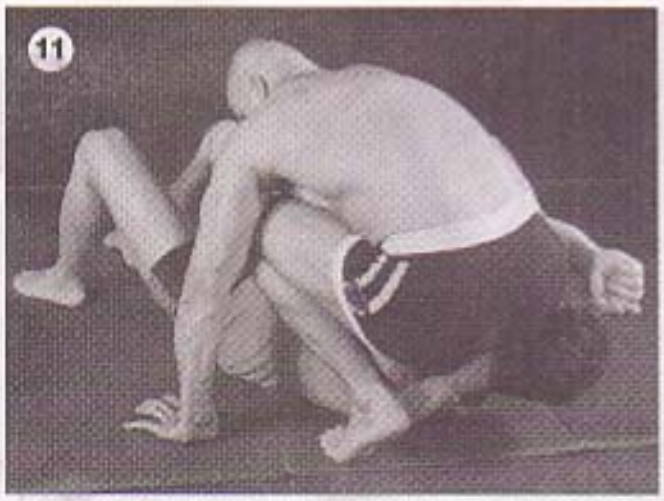
From this position you can also do this!



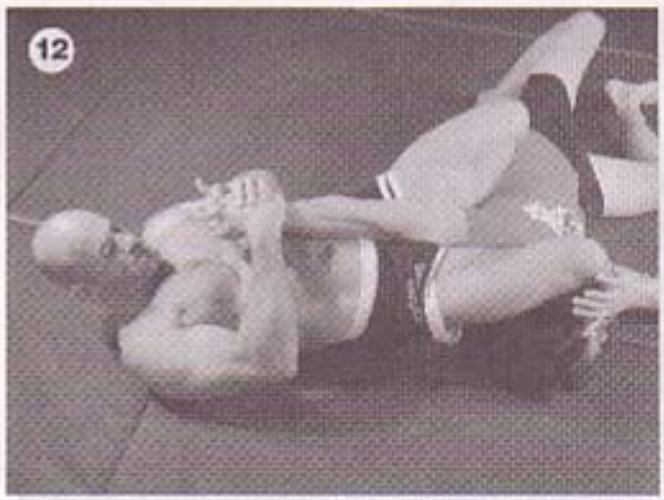
Step on your right foot controlling the arm.



Post your left hand on the floor and start turning your body to the left.



Turn by bringing your left foot behind his back.



Fall back bridge your hips as you pull his arm down for another arm bar.

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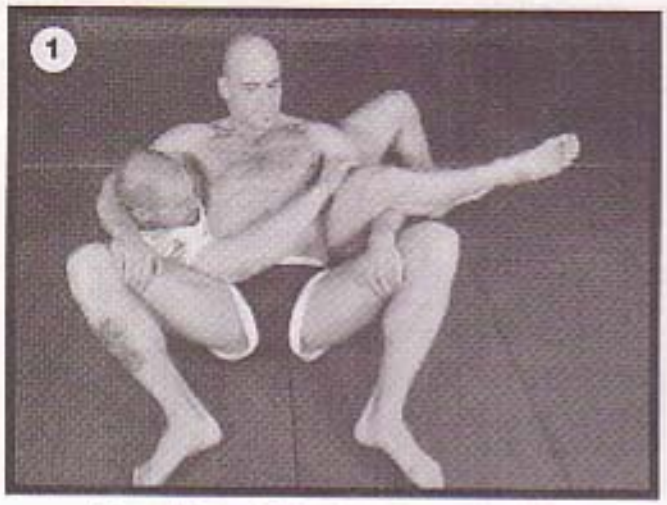
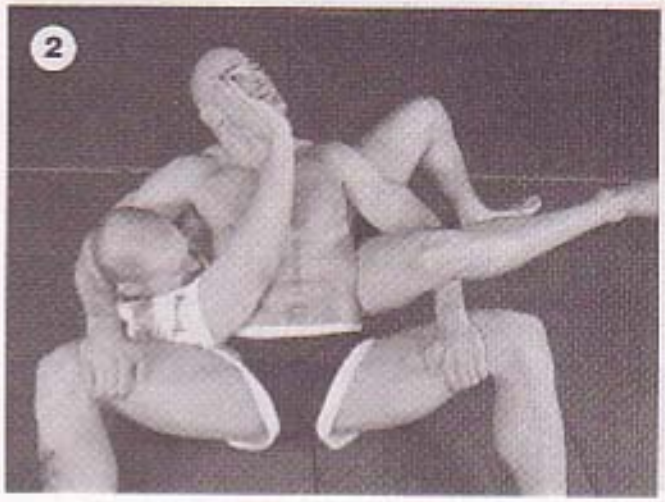


Arm Bar: This is a fun position to start with.



He tries to escape by pushing your face with his right hand.

Grab his right wrist with your left hand.

Release your right hand from your leg.

With your right arm under hook his right arm just above his elbow.

Pull your right hand to your chest as you push your left hand to the right.

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With your left hand control the right wristlock like this.

Finish the arm bar by pulling your right arm up and pushing his hand down.

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INTIMIDATION IN COMBAT

"If you are intimidated by your opponent, you will never be able to fight like you normally do. Intimidation is useless and will bring you nowhere. If you take a fight and you are already intimidated by your opponent, DON'T take it! It's OK, to be intimidated by someone that you have to fight in the long run, because now you can fight a few more fights and gain more confidence as you go. But don't take the fight if you are already intimidated by him. Do not count on a lucky shot. Go into a fight with confidence. Many times they ask me before a fight, "So Bas, do you think you can beat your opponent?" What kind of stupid question is that? Do you really think I take a fight if I think that I CANNOT beat him? Of course I think I can destroy him! Wake up guys! As a fighter your goal is to become so good that you are the intimidator... the one fighter your opponents fear most. When you have achieved that, then intimidation will work in your favor."

—Bas Rutten

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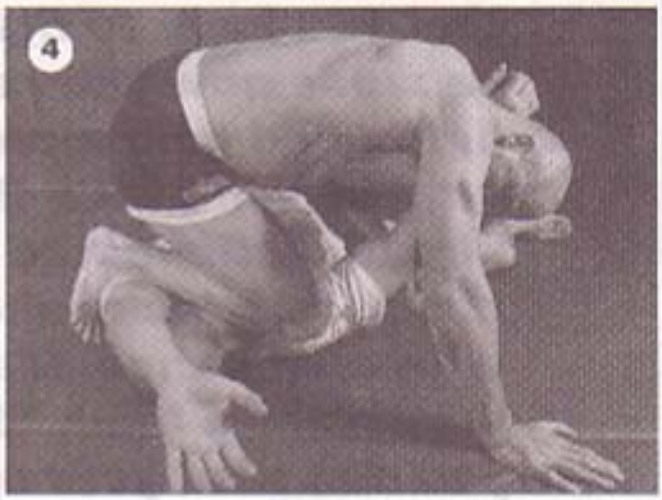
Arm Bar: We start with the opponent in your side mount.

First push his head to the right with your right hand.

Control his right arm as you move your right knee forward.



Put your right knee over his head as you hold his right arm.

Put your knees and head on the floor for a strong base.

Pull your arms up under his right elbow to finish.

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Arm Bar: The opponent is in your guard position.

He grabs your head and goes for a neck crank.

With your left hand grab his left biceps.

Skip your hip out to the right.

Open your legs and cross face, like this.

Cross your legs, pull his arm straight and bridge for the arm bar.

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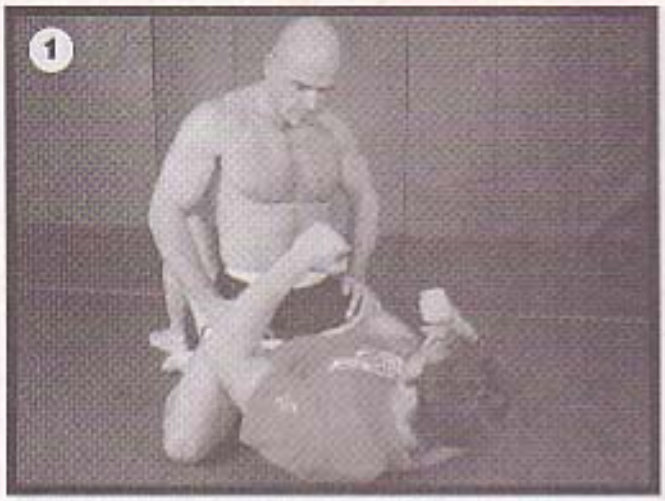
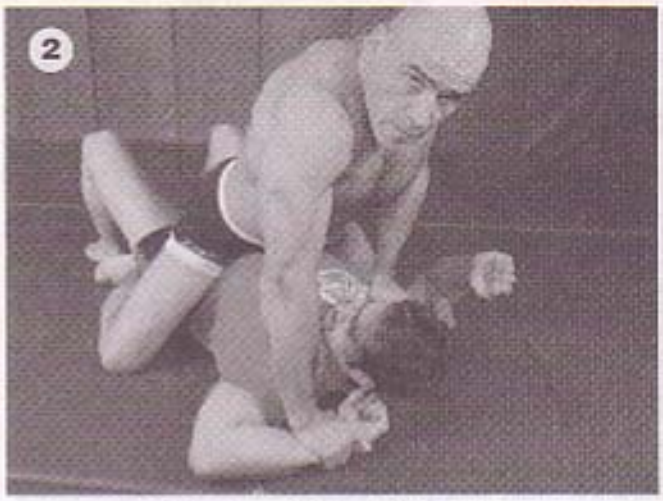
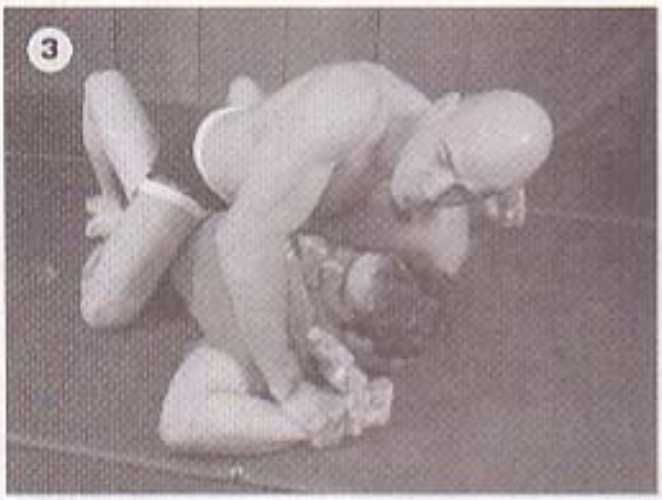


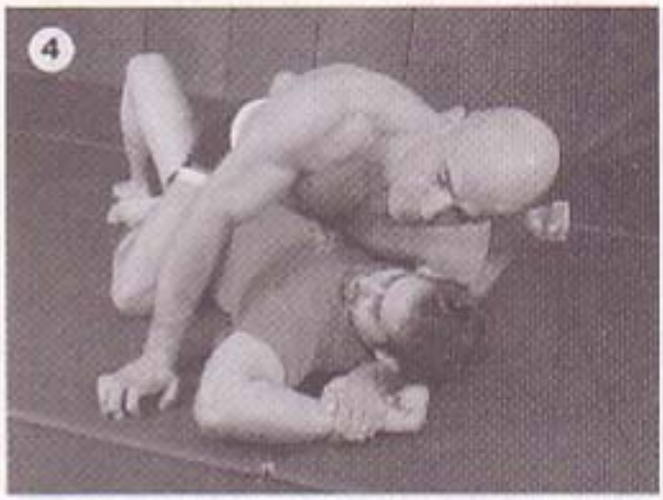
Arm Lock: The technique begins from your mount position.



First grab his left wrist with your right hand.



Go under his head with your left arm.



Switch hands and grab his left wrist with your left hand.

Bring your right arm through his left arm, grabbing your left wrist.

The best is to pass his head, now go for a Figure 4.

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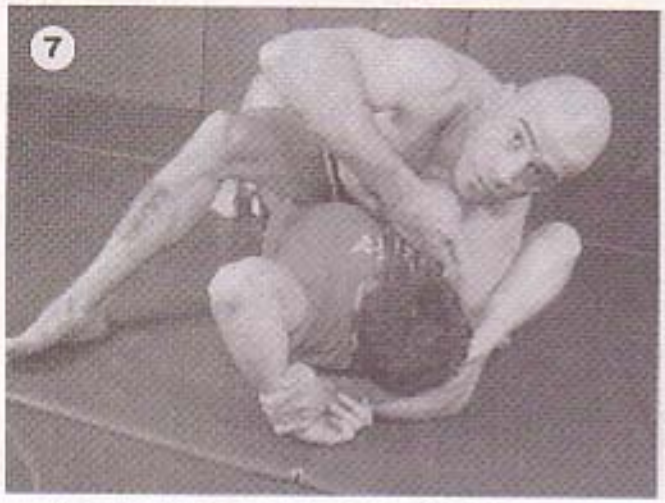
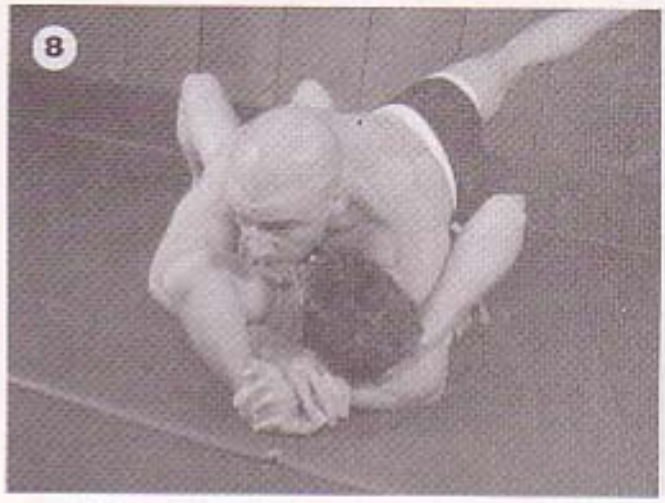
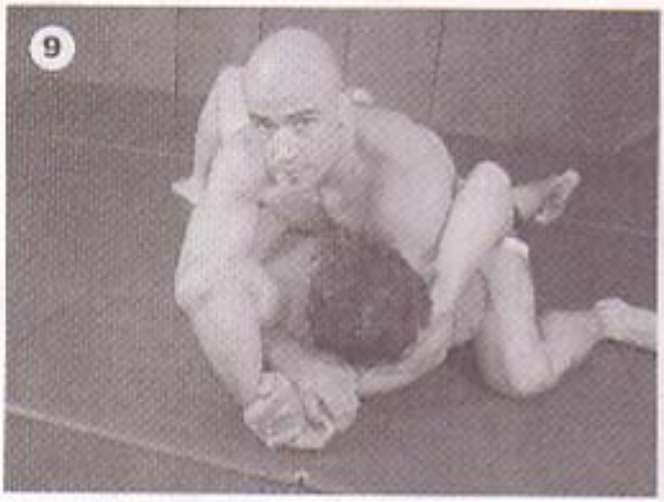


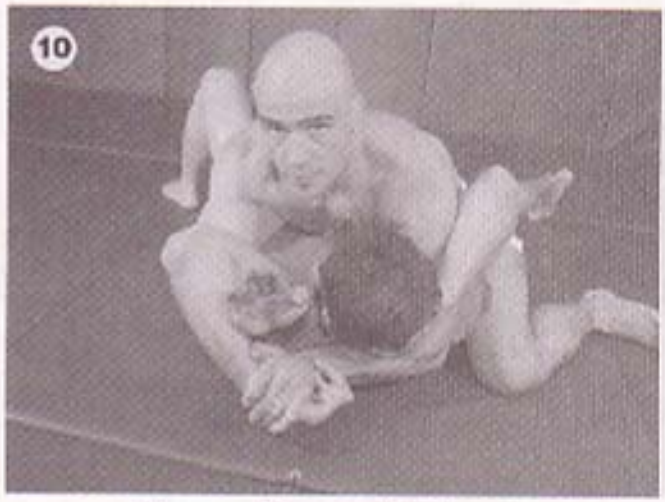
However if he brings his right arm up he can prevent you from using his head.



If he defends, then jump your feet over to other side.

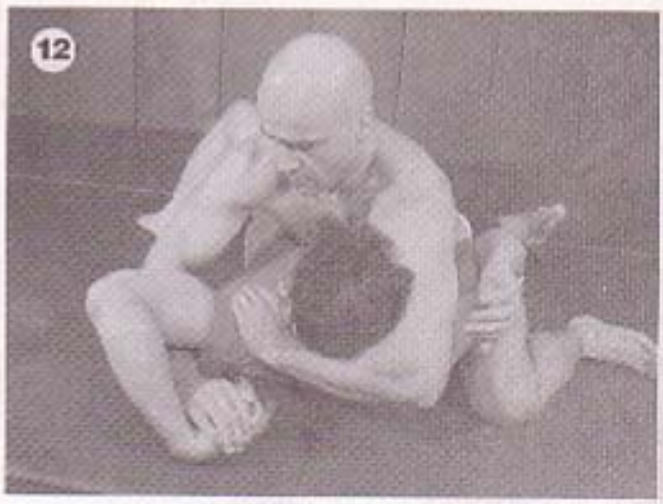


Make sure you keep good control of him.



Now watch my right hand.

My right hand grabs the back of his left hand like this.



With my left hand I grab with my fingers under his left armpit.

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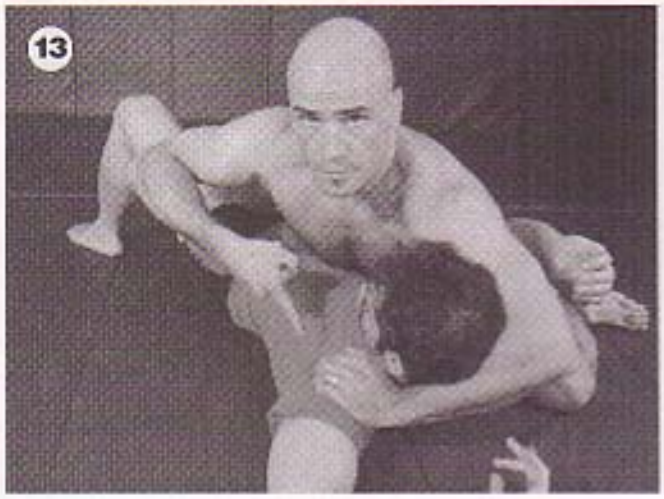
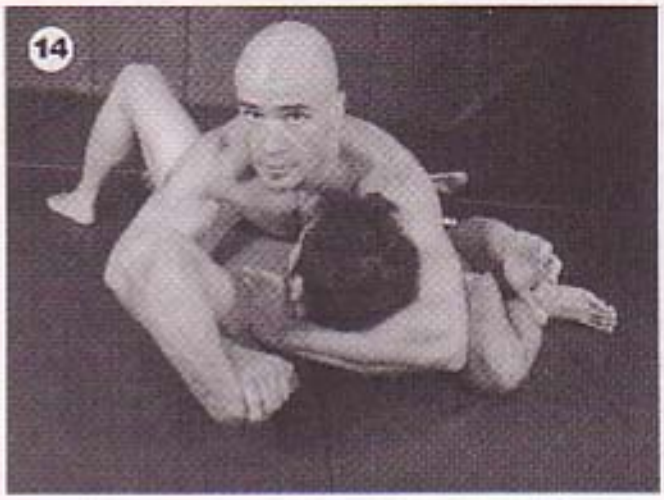


Grab right in this spot!



The technique should look like this.

With your right hand, push his left arm to the side.

As you push his left arm out crank his head up with your left arm.

From the side it looks like this. A great submission hold.

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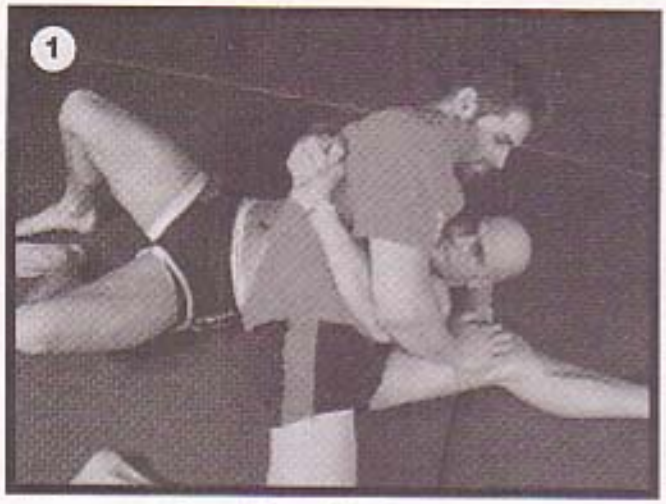


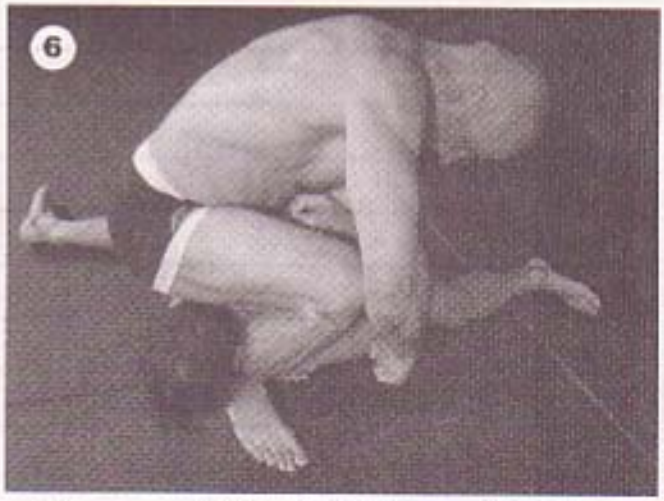
Arm Bar: He has you in a scarf hold like this.

Grab your hands tight and roll your body towards him.

Bridge your hips up rolling him to the right side.

Roll him over on his back.

Control his left arm and cross face him so he can't roll left.



Step over his head with your right foot.

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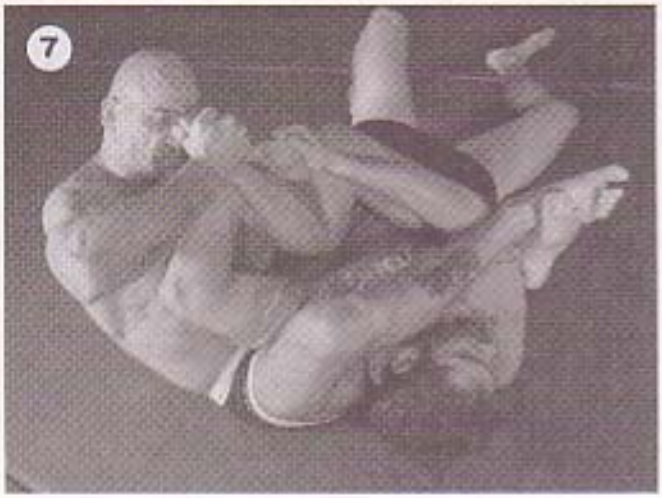

Fall backwards, breaking his grip as he tries to protect his left arm.

Hold his wrist, cross your legs and bridge to finish the arm bar.

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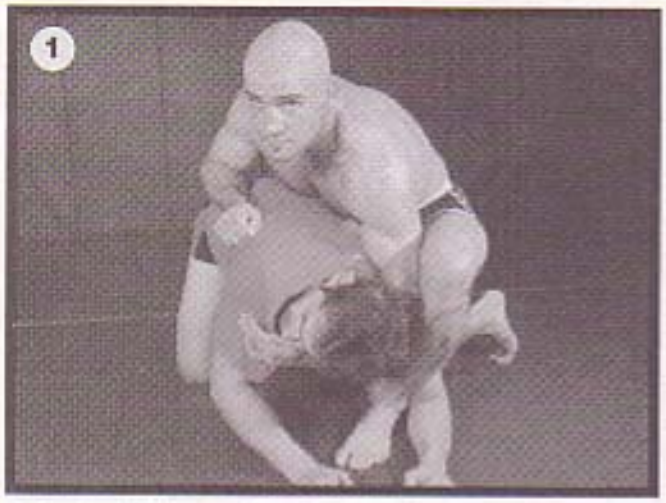
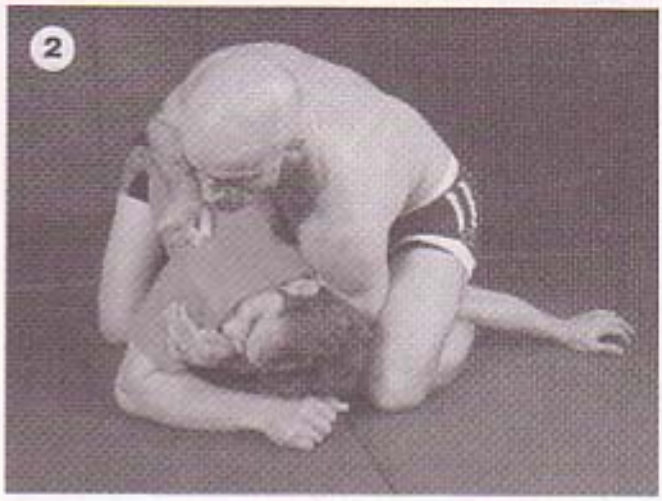
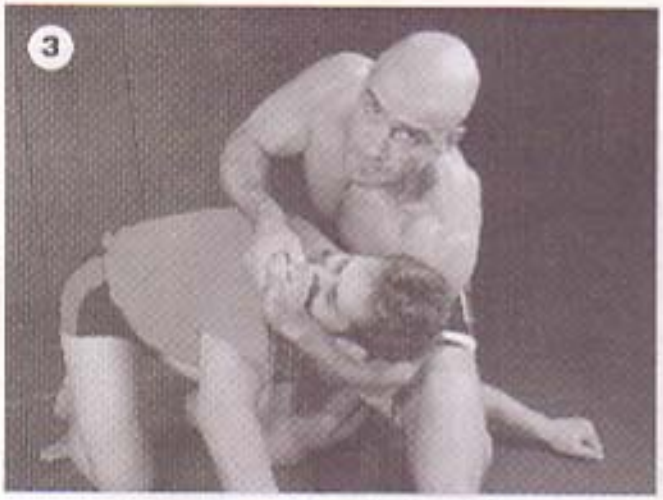


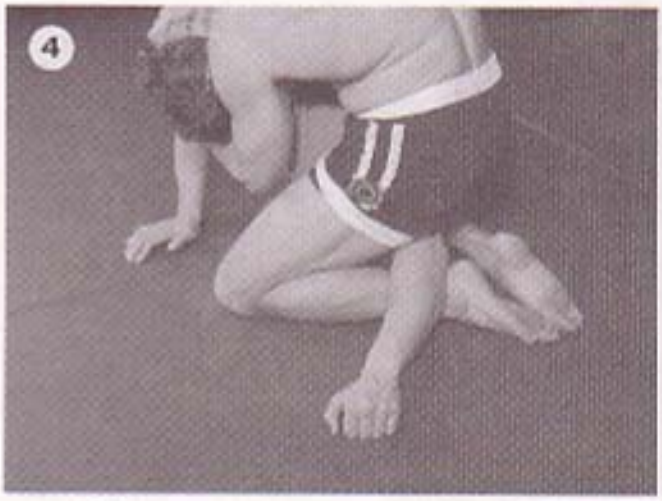
Controlling The Arms: Your opponent's on all fours, your left foot inside his left arm.



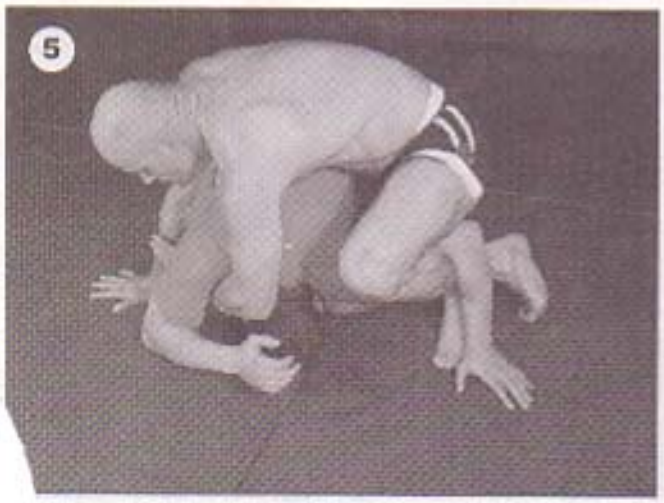
Hook his arm back with your leg, and slide your left arm under his head.



Grasp your hands together and cross face him.



Make sure you control his left arm with your legs like this, or...



..put your right hand on the floor. Slide under his right arm with your left hand.

Your left arm should be under his armpit.

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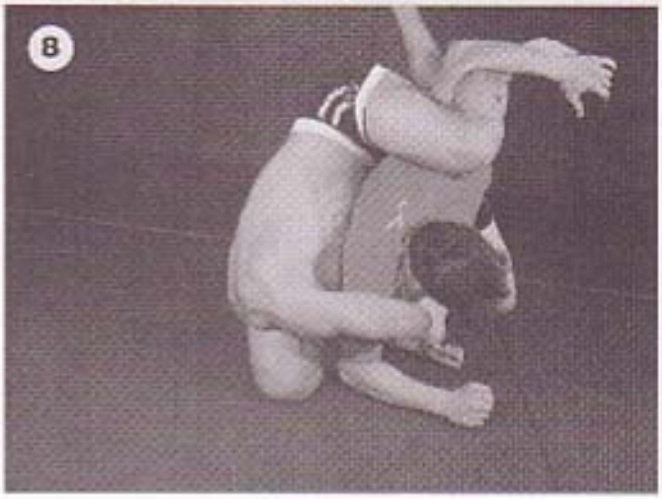
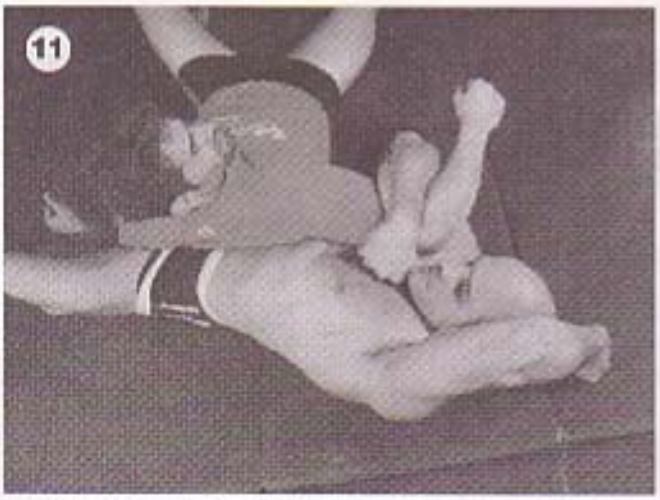
With his arms secured, jump over him. Keep his left arm secured in your legs.



Roll him over with you like this.

Get him on his back in this position.

Look how I control his left arm.



Holding his right arm, start dropping elbows with your left arm.

He cannot escape and will submit quickl See... Control the arms!

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Reverse Figure 4: You start in his side mount position.

Slide your right hand under his left arm.

Bring your left arm over his arm, as you push his left arm back.

Grab your right wrist with your left hand for the lock.

Push his left arm up.

As you push his arm, bridge high and roll him off.

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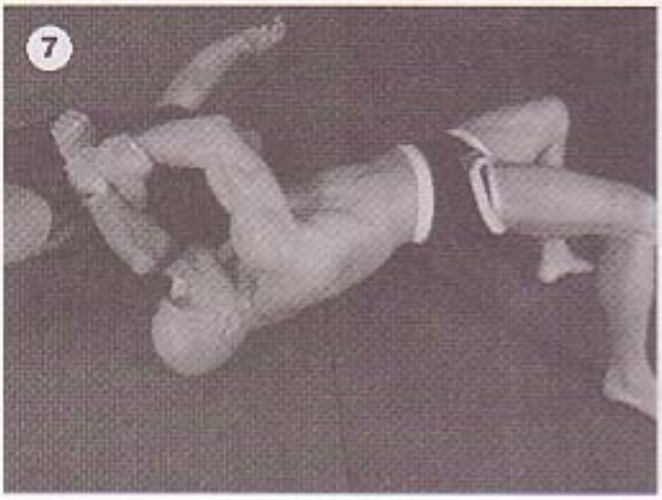
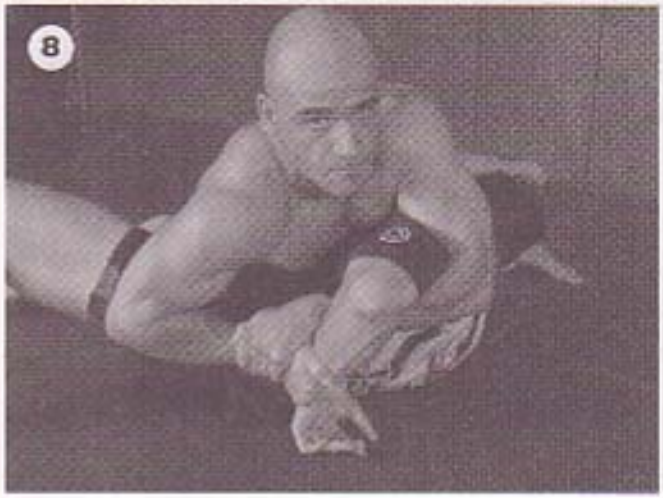


As he lands on his back, keep control of his arm and roll over with him...



...landing on top of him like this.

Bring your left leg forward.

Put your leg behind his head and push his left wrist in to finish.

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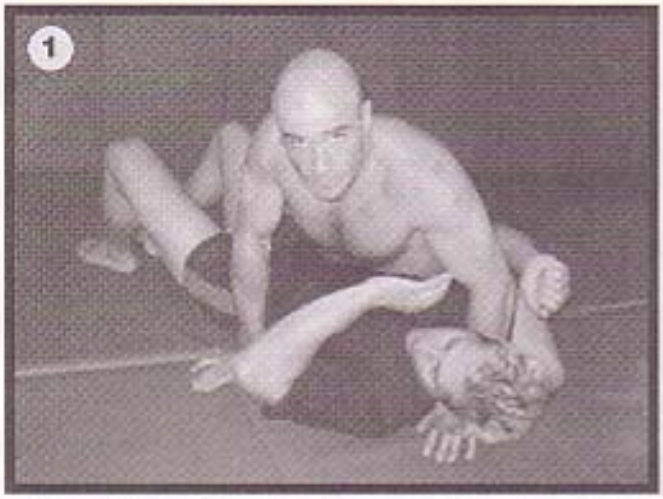
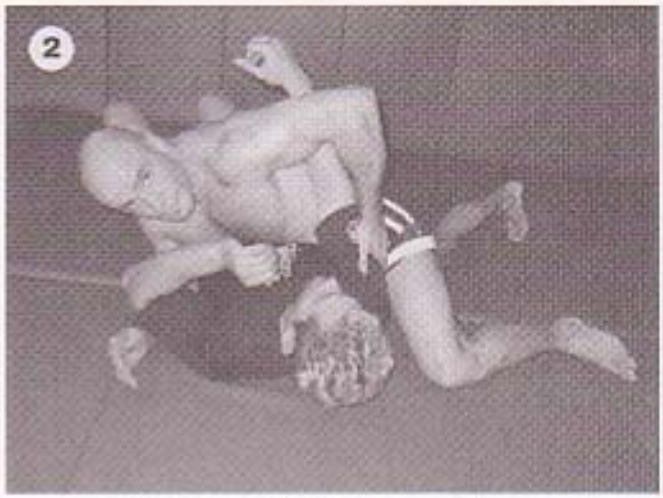
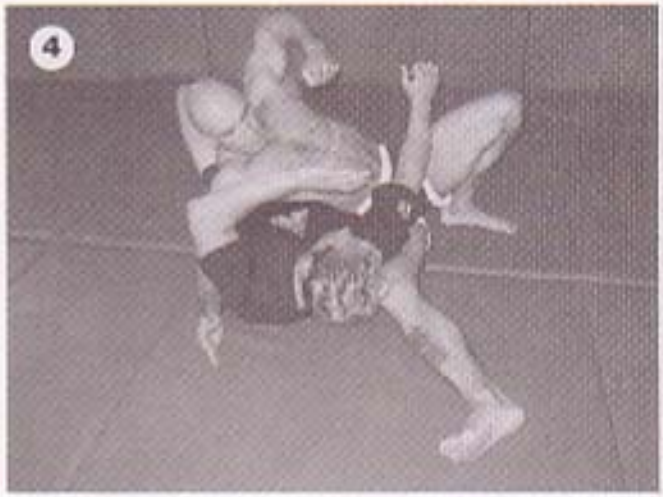


Combination to Figure 4: Begin with the opponent in your side mount position.



Grab his right biceps with your left hand, pulling his arm up.

Now bring your right leg forward for control.



Start striking with your left hand and he will block.

Grab his left blocking arm with your left hand.

Slide your right arm in and grab your left wrist and twist on your belly.

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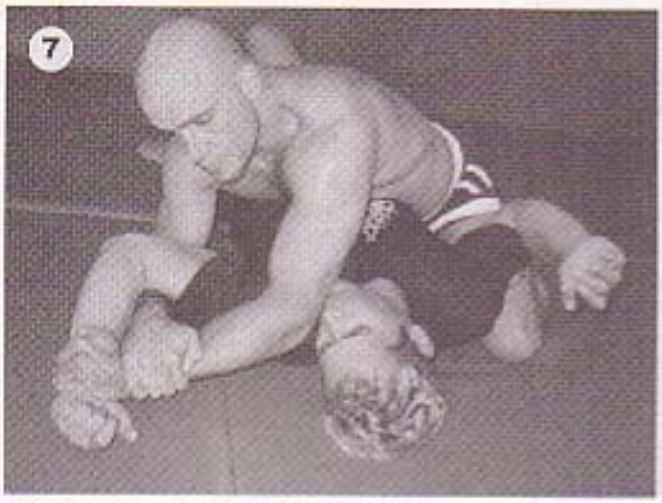
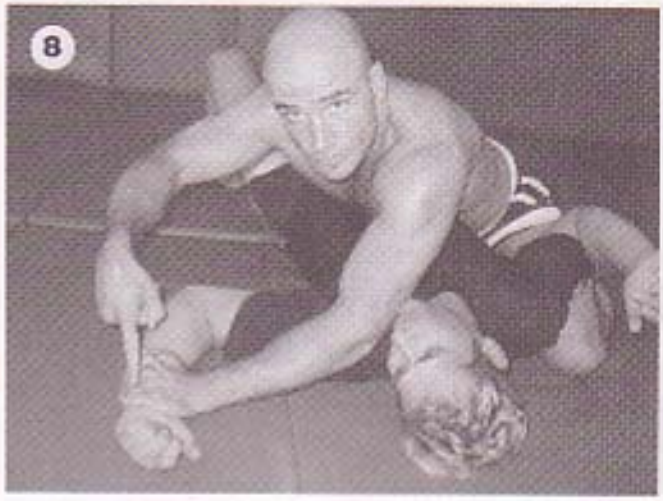
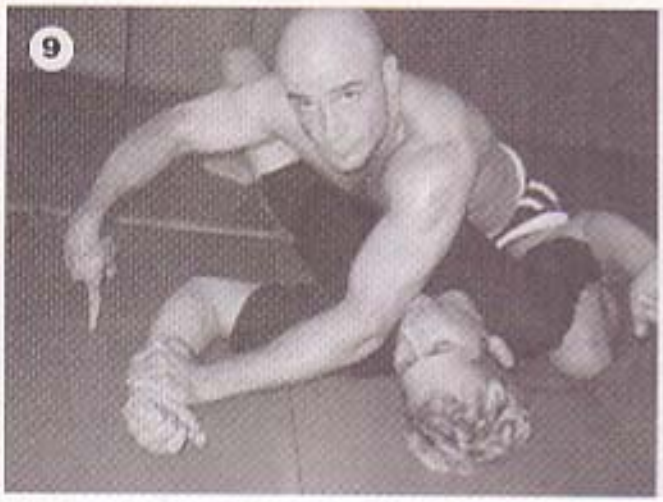


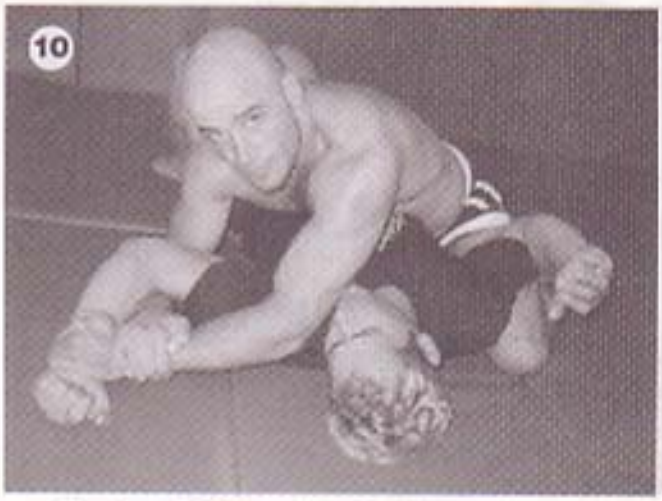
Watch his left arm.



From this point you want to slide his hand back.

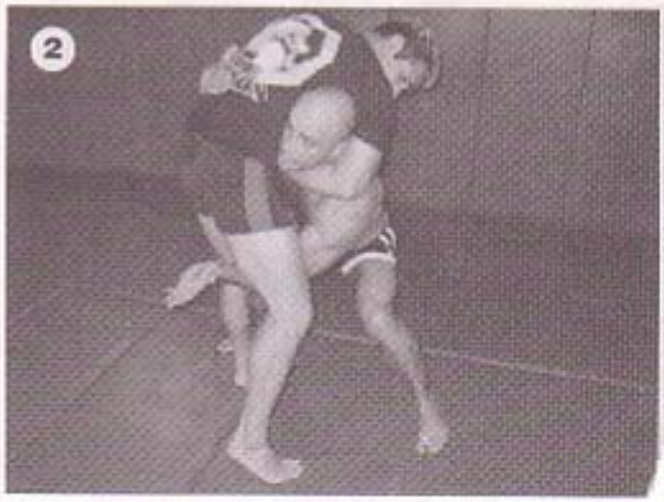


You want to slide his hand back to this point.



Moving his hand back will create a lot of pain and he can't escape.

Combination to An Arm Lock:
He has you in a front guillotine.



With your left arm reach under between his legs.

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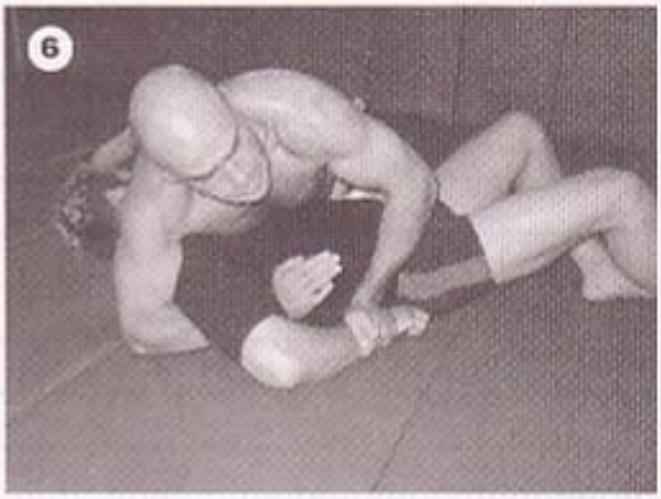
Straighten your legs, lifting him high.

Slam him on his back,
cross facing him with your right arm.

Grab his right wrist with your left hand
and pull his arm off your head.



Pushing his arm to the floor,
slide your right hand in.

Lift his shoulder and
push his hand up to finish.

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Chapter 3

Leg, Foot, and Ankle Locks

Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.

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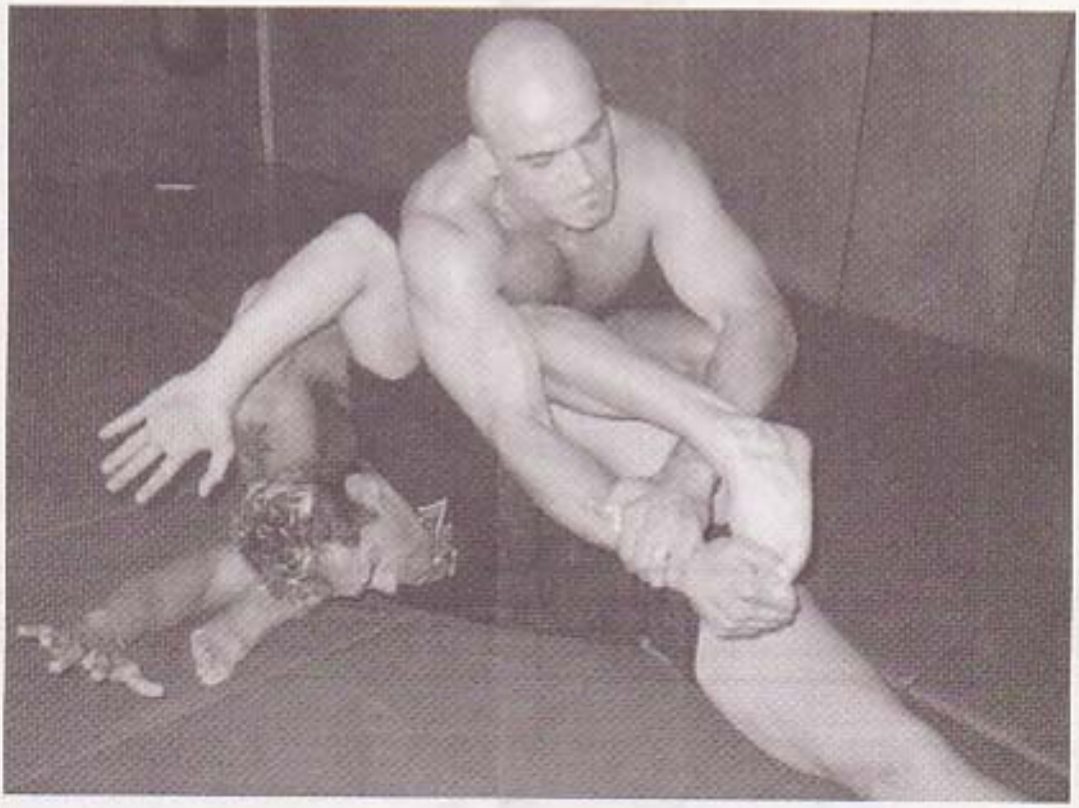
Leg Locks

Like armbars, leg locks are one of those things that require lots of practice to develop a "feel" for the technique. Just knowing the one basic way to do a leg lock will probably not be helpful because an opponent will surely defend this painful move. And if you aren't prepared to adjust with your opponent then you have essentially wasted your time. These type moves, leg locks, are best perfected by repetition, there's no other way around it. So practice them again and again. One good thing about leg locks is that it is relatively easy to learn to make the transition from one technique to another. For instance: if you go for a heel hook and your opponent tries to roll out, you can change into a knee bar and then into a toe hold.

Also, if you fight a stronger and bigger opponent, leg locks can do the trick because the legs can be a source of vulnerability, especially to toe holds! Legs are longer than the arms and so they can be more difficult to defend than the arm (once an aggressive attempt is underway). And people who wear shoes when they fight are particularly susceptible to leg and ankle locks. The shoes help the application of these techniques because it makes it easier to get a solid grip.

Always make sure that you protect your own legs first before you attack his legs. This is a mistake that many make. When they see



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the opportunity for a leg lock and they blindly go for it but forget about their own legs. This is what a good opponent waits for, because believe me he will counter attack. The reason why you must be thinking defensively when you attack with a leg lock is because the physical position when you go for one is that your legs and especially your feet are now within HIS reach!

Also learn the escapes from leg locks (next chapter) so that when you get in trouble you at least able to get out of the situation and stand up (or get on top of your opponent). When you are on top of your opponent while fighting and have good control, I wouldn't go for a leg lock. It's too easy to lose control if he knows how to escape. If you are already in a leg lock position or you are on the bottom, that is the good time to go for one.

Watch out in training not to injure each other's legs. If you train and your opponent has you in a leg lock, TAP! This is just training so you should be able to submit without fear of looking "bad" or it being a loss. People who keep track of how many times they get a tap out on a training partner are silly. This attitude creates more pressure and subsequently makes learning new things difficult. If you're competing, compete! If you are training, train! Determine this before you even begin. Don't fight it too hard to escape and risk a serious injury! Also, when you have somebody in a leg lock and you know that you can finish him just let him go. Just knowing that you had him is good enough and again, you don't want to injure your partner. If you injure too many partners you are going to run out of people to train with. And then word gets around that you hurt people in training. Don't start thinking you are some tough guy because if you have this attitude then eventually someone is going to hurt you during training. If you want to have yourself a gunslinger reputation have it inside a ring/cage. In the gym, be gentle but firm.

If somebody gets me in training in a simple Achilles pull, and I am in a period just before a fight, I tap. Why go into the fight injured? But hear me when I say that on that same Achilles pull, I will never tap during a fight. This is a move that just hurts; it doesn't break anything and is easy to defend. I am talking about the straight Achilles pull here, not when he brings your leg over to the other side. The pictures will explain this.

One last thing: there are times when you need to add in strikes when training submissions, particularly leg locks. Strikes can definitely change the "reality" of submissions. Be very careful when you do this.

Train smart and again, watch out!

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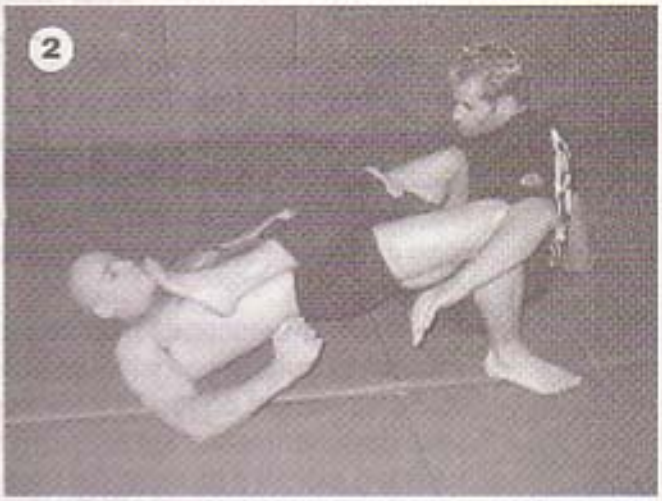
Heel Hook: Start position.



Bridge high to bring his left leg up onto your chest.

Push his leg to the left with your right hand.

Grab the inside of his right knee with your right hand.

Pull his left leg to the right catching his toes under your biceps.

As his heel comes up grab under with your left forearm.

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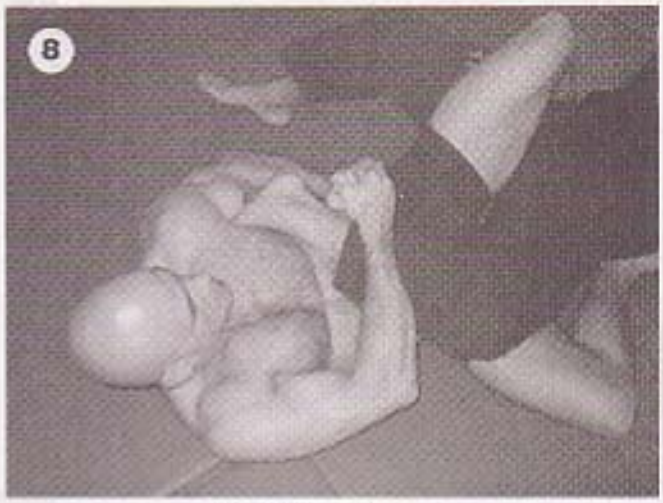
Grab your left hand pulling his foot up.



As you pull his heel up, press your left leg down for more control.

For even better control, throw your left leg over.

Now it is very difficult for him to escape.

Training Notes

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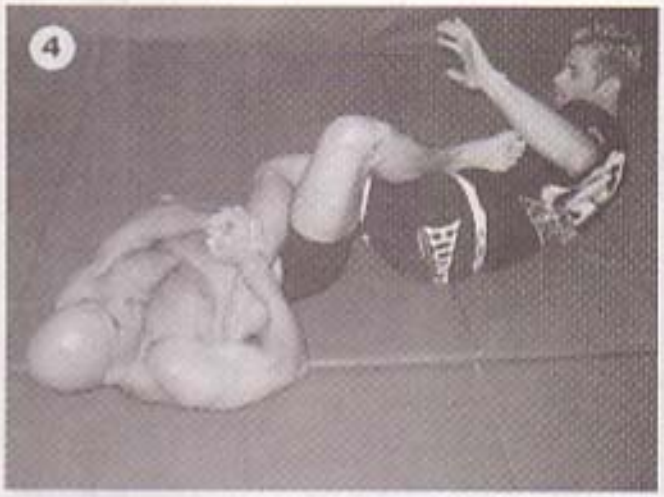
Heel Hook: Start position for another heel hook technique.

Grab his left knee with your left hand.

Pull his left leg to the left, and his heel will come up.



Drop back, heel hooking his left foot with your right foot on his stomach.

Pull his heel up keeping his left leg bent. The more it is bent the better.

Keep pulling his heel back until he taps.

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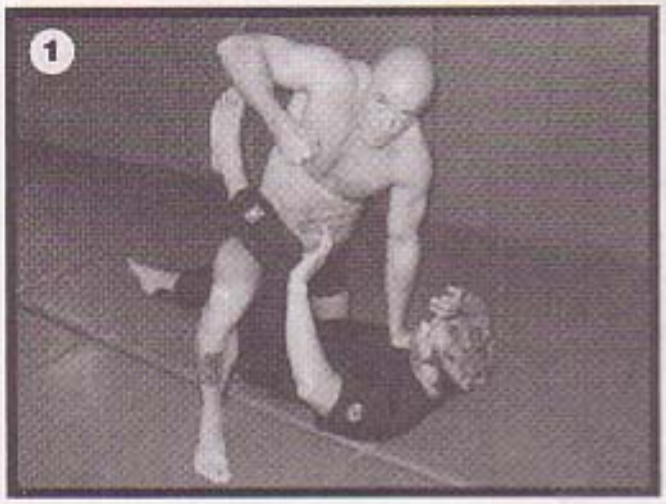

Heel Hook: We start in the mount with his left leg on my right leg.

Make him think you are going to strike or actually hit him.

When he blocks, step up on your left foot, and push his knee to the left.

Now pull his left leg to the left, with your left hand.

Slide your right biceps over the toes of his left foot.

Drop back and finish. Push down on his hip with your right foot, for control.

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Heel Hook: We start with the opponent in the mount position.

Grab his left knee with your left hand pulling his leg to the left.

As he falls grab his left heel with your right arm.

Cross your right leg over as you apply the heel hook to his left foot.

To prevent him from escaping secure his hip with your right foot.

Pull his heel up to the right until he taps.

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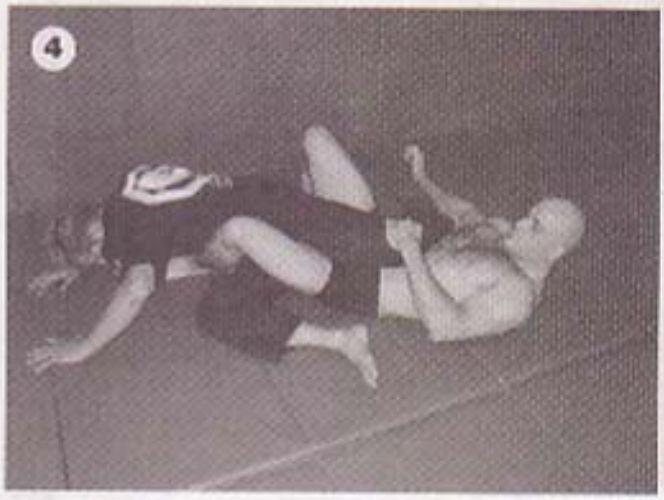
Heel Hook: First block your opponent's strike with your left foot.

Grab behind both his ankles.

Holding his ankles push him back with your left leg.



As he falls pull his left knee down with your left hand.

Cross your right leg over as you catch his heel with your right arm.

Finish the heel hook by pulling his heel back.

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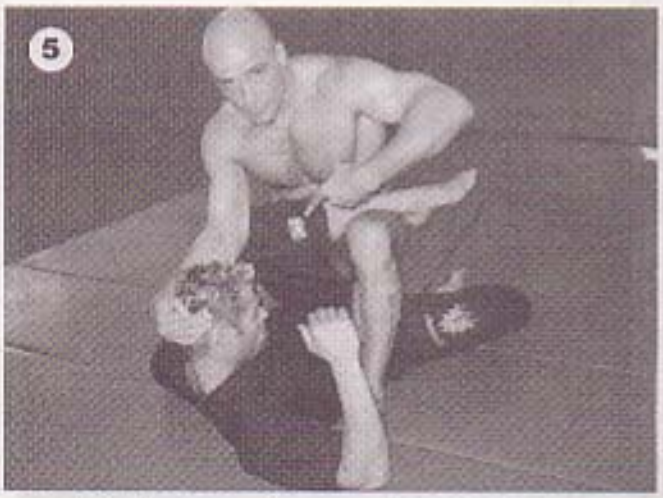
Heel Hook: In the mount position fake a strike to your opponent's head.

Hold his head. When he blocks, catch his left leg with your right arm.

Bring his leg to the left and grab his head with your right hand, cranking it forward.

Place your left arm over his left foot. Keep holding his head.



Push your elbow against his knee so his heel comes free.

Push on his toes with your left arm.

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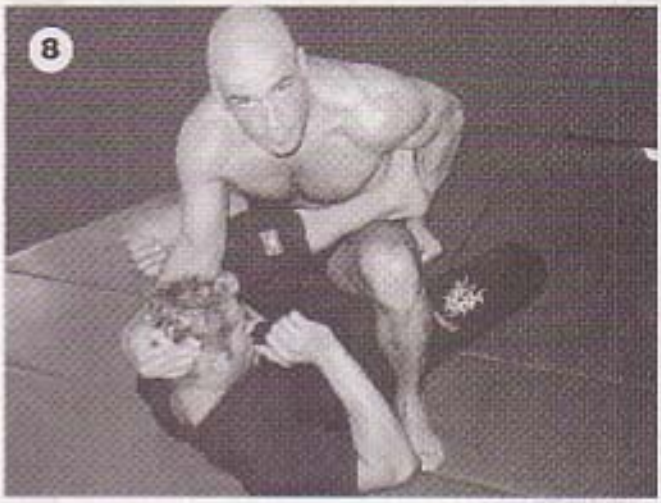
Continue holding his head and grab his heel with your left forearm.



Now step up on your right foot.

Fall back, keeping your left leg over his right hip for control.

Pull his heel back to complete the heel hook submission.

Training Notes

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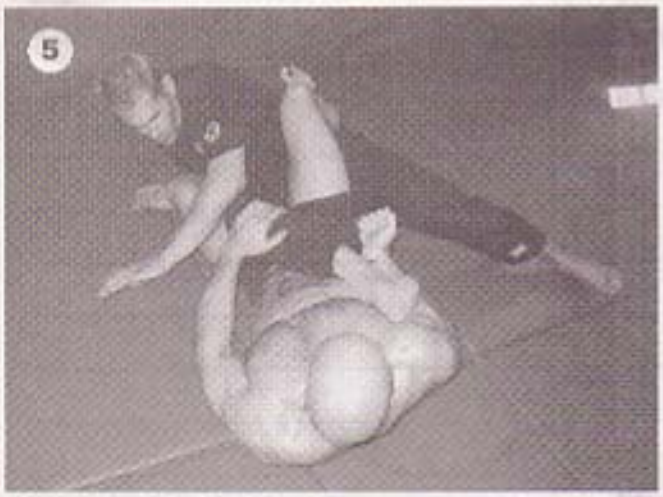
Heel Hook: He strikes at you from the knee on belly position.

Break his balance by pushing his hips and bringing your right knee upwards.

As he falls back, grab his right knee with your left hand.

Pull his knee down and catch his toes under your right biceps.



Put your right leg over his hip and hook his right heel.

Finish by pulling his heel back for the submission.

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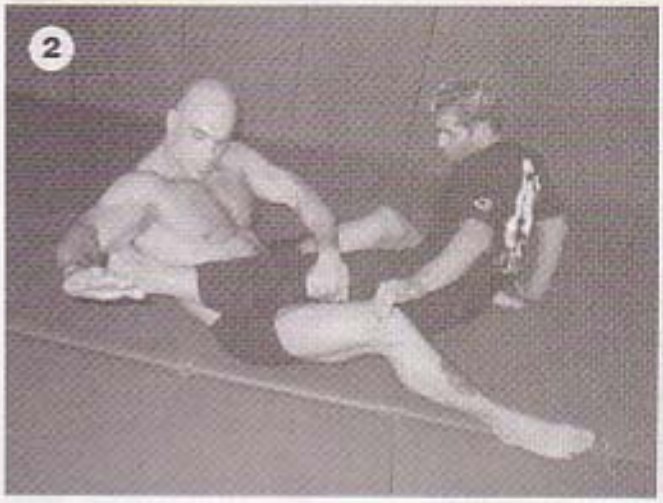
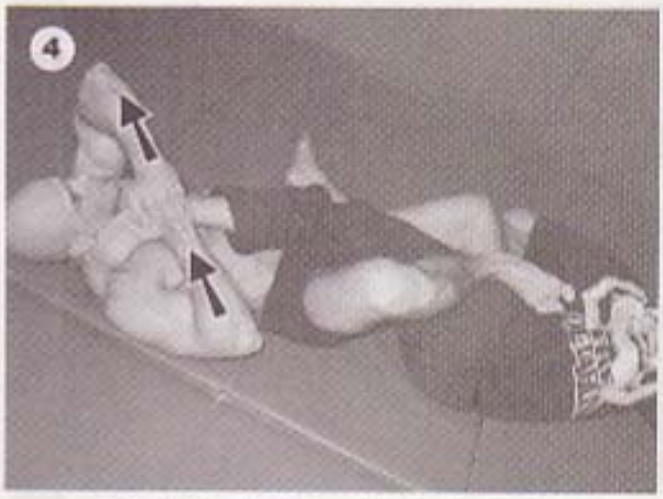
Heel Hook: In this situation he stretches his left leg so you cannot get his heel.



Hold his left leg and slide back to reach his foot.

Drop back, securing his left foot to your neck.



Grab his heel and twist it right keeping your right leg on his hip.

Never have your right leg out in this position.

If you leave the leg out he can catch your left foot in a heel hook.

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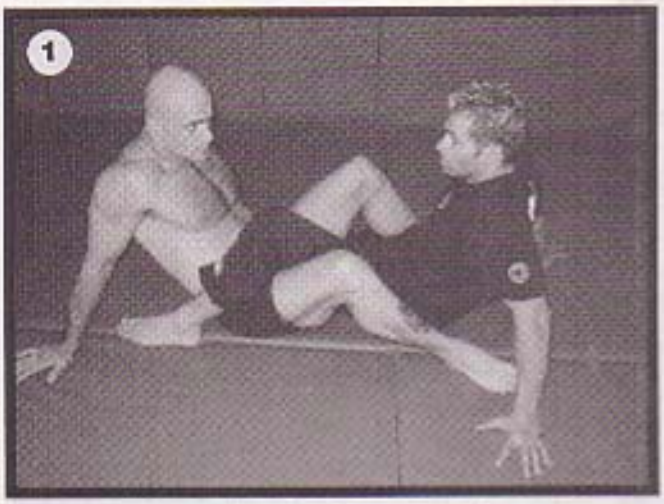
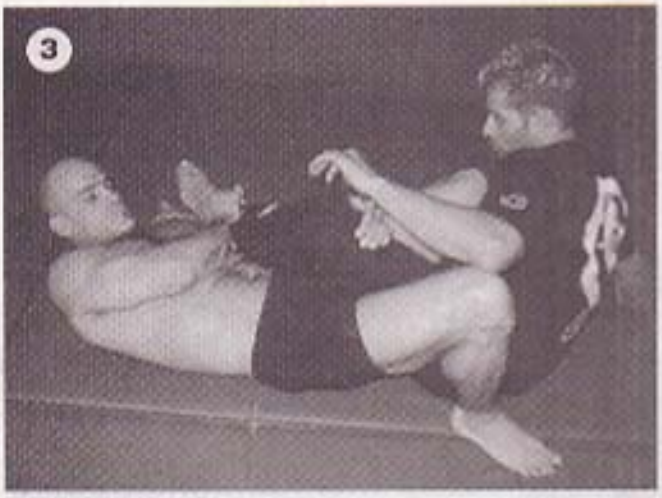


Heel Hook: Start position.

First bridge up to bring his left leg to your chest.



Use your right hand to push his left leg past your head.

Grab his left knee pulling his leg down.

Secure his left foot against your neck twisting his heel to the right.

You want his foot in this position when applying the lock.

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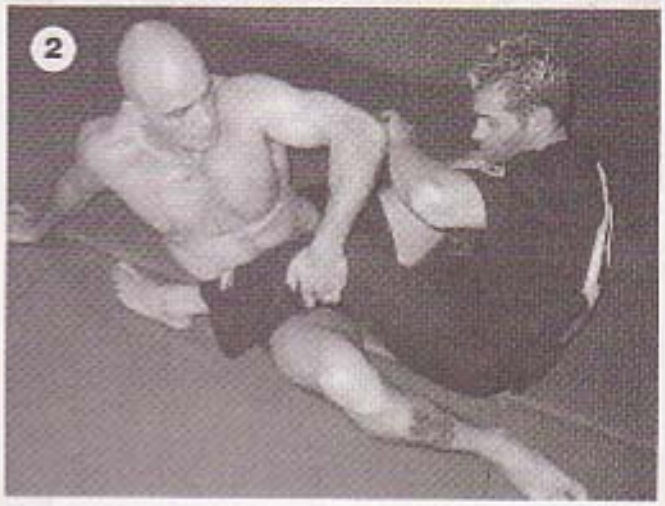
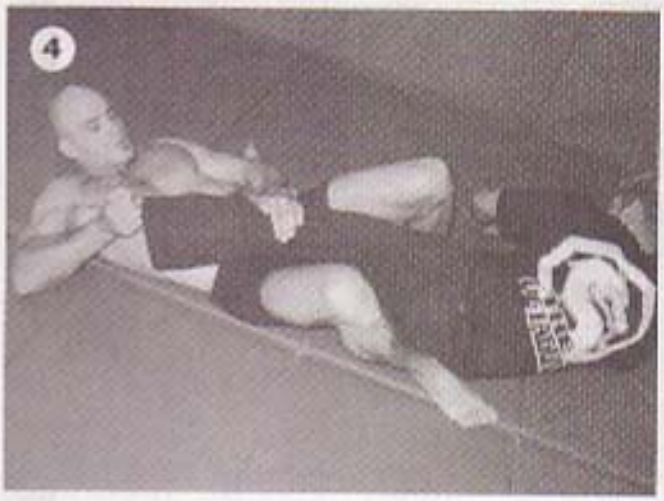
Knee Bar: Start Position.

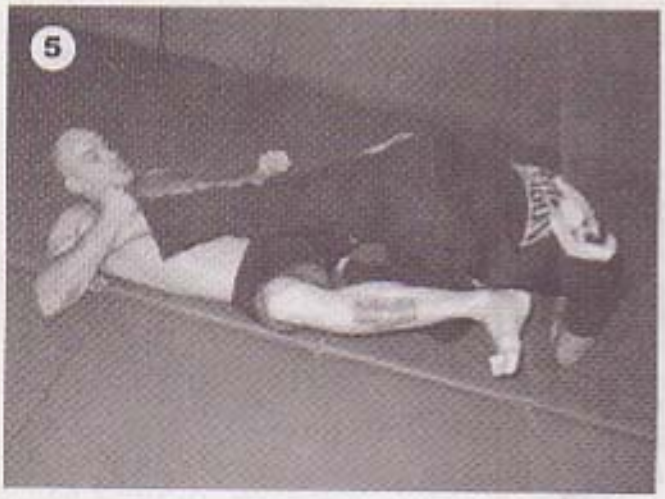


Grab the side of his left knee with your left hand.

Drop back pulling his leg down and hooking his left heel.



If he straightens his left leg in an attempt to escape, and rolls to the left...



It's important to keep hold of his foot as he turns to pull out.

Bring your right leg over this area of his leg.

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Cross your heels to secure his leg.

At this point roll on your left side controlling his heel.

With your feet crossed pull his leg back and bridge to finish.

If the knee is too low you won't have the leverage to make it work.

Always make sure the knee is here at this height.

Securing his foot against your neck will give you a more controlled knee bar.

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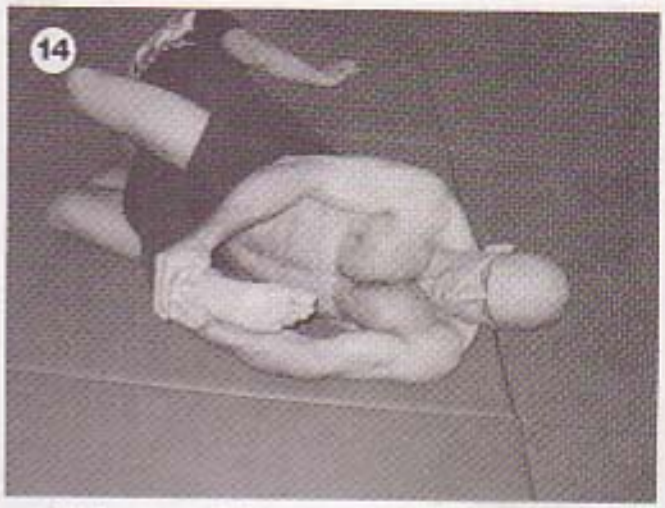
It is important to lay on your side so there is space behind you to bridge.



Bridge your hips up very high like this.

However I feel the leg is more secure in this position.

Training Notes

Heel Hook To Knee Bar: Start with your opponent's left leg out straight.

First grab the side of his left leg with your left hand.

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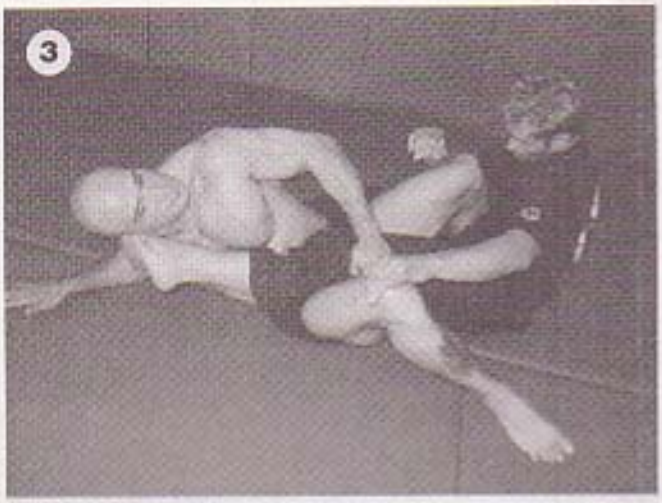

Drop back and secure his left foot to your neck.

At this point he rolls right to escape.

Let him roll until his knee is on your stomach

Now lock your right leg over his left leg to prevent his escape.

Roll right, cross your legs, and finish him with the knee bar.

Training Notes

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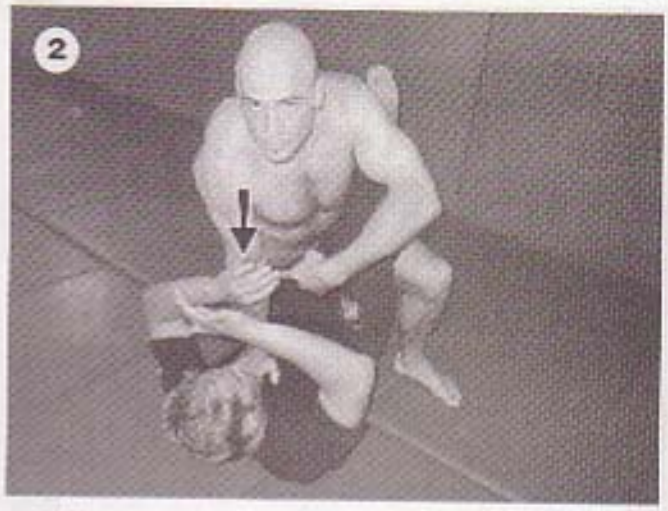
Knee Bar: I begin in the mount position ready to strike his head.



With your right hand press on his chest with all your body weight.

Grab under his right leg with your left hand.

Step around and over him with your right leg.

Now put your feet together.

Drop to your right side securing his foot and bridging to complete the leg bar.

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If you end up with his knee here, this is what you can do...

...grab his heel with both hands.

Catch his toes with your neck, now he can't turn his leg anymore.

Move upwards to his knee.

When the knee is at the proper place, finish the knee bar.

Training Notes

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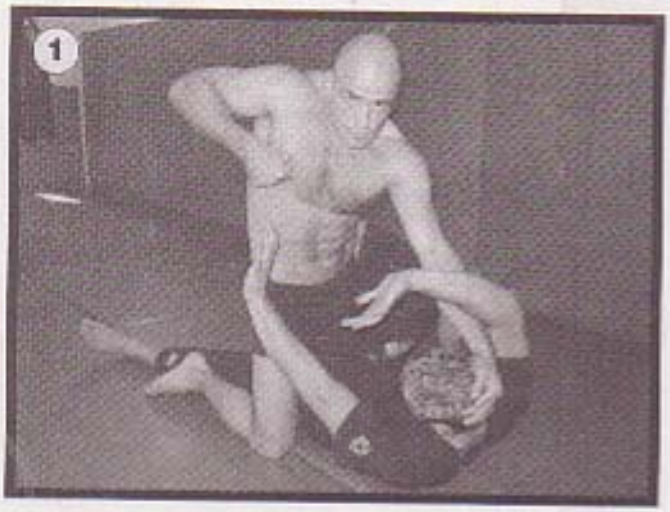
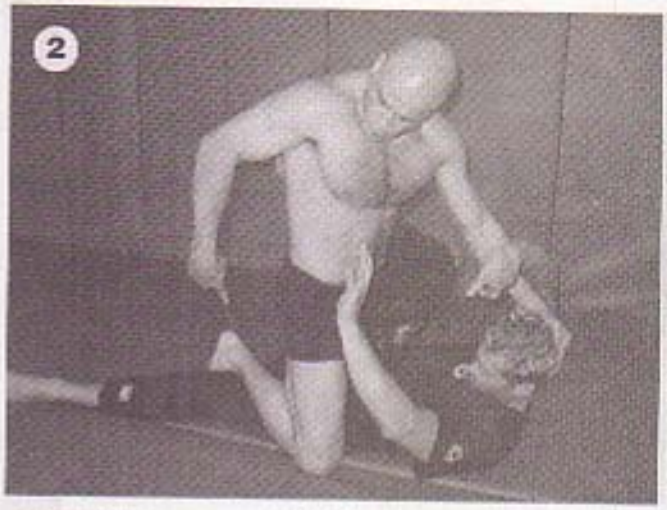


Knee Bar: Start in the mount position controlling his head.



Now bring your right foot over his left leg and leave your foot there.

Make him think you want to strike.

Switch hands bringing your left hand back to strike.

Instead of striking grab his right leg and bring your right knee over his hip.

Drop back and knee bar for the submission.

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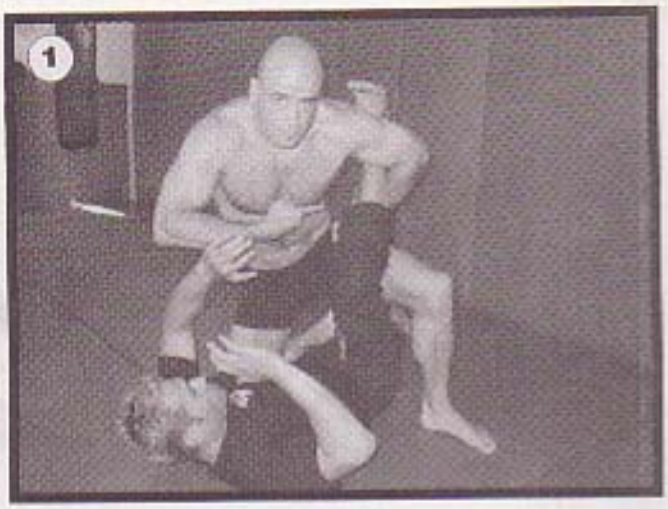

Knee Bar: I will demonstrate another knee bar from this position.

With his right leg under your left arm bring your right knee to the floor.

Hook your left leg over his right leg for control.

Cross your feet and pull his foot back until he taps.

Although you can knee bar with your right leg here, I don't recommend it.

The technique becomes much stronger with your feet crossed.

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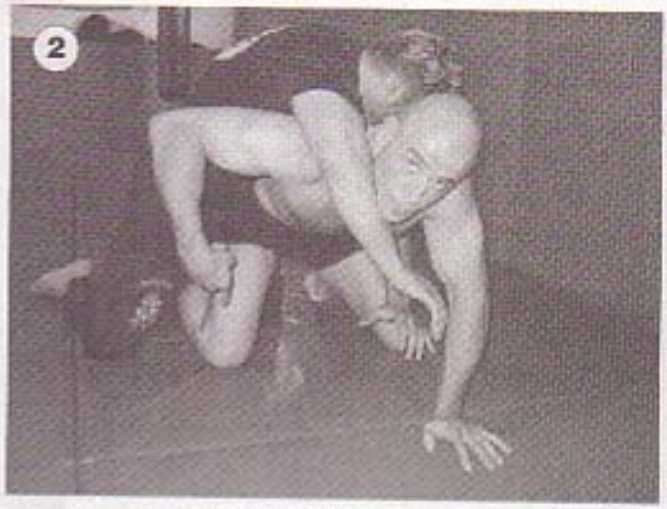
Knee Bar: I will show how to get the knee bar from this position.



From here put your right leg in between his legs.

With your left hand, reach back behind his left knee.

Holding his leg roll over your right shoulder going to his leg.

Keep hold of his leg and climb up a little.

Cross your feet and secure his foot to your neck, bridge and knee bar.

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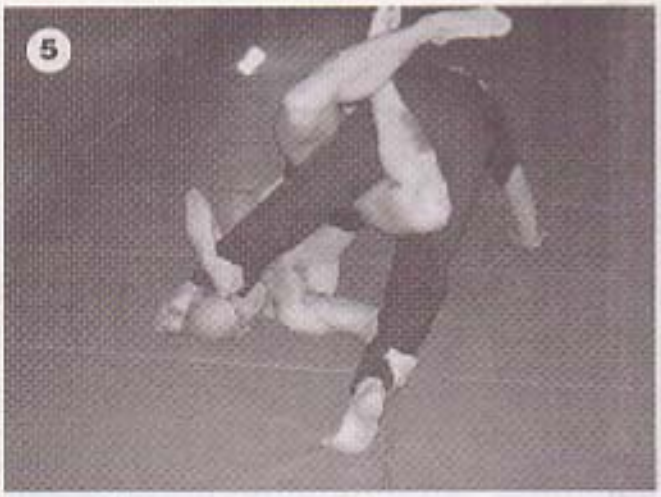
Knee Bar: Start standing with your opponent behind your back.

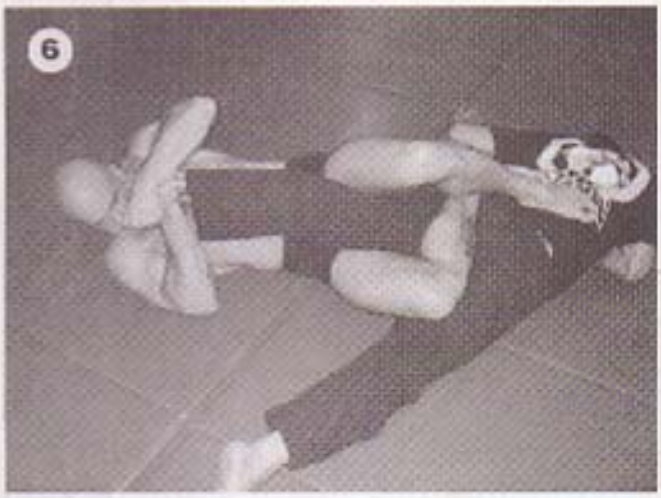
Make him think you are going for an arm bar.

Drop down and grab his ankles.

Roll forward locking your legs around his left leg.



Push him to the ground on his stomach.



Finish with the knee bar.

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Knee Bar: Executing a knee bar when he grabs your leg.

I roundhouse with my right leg to his body.

He catches my leg under his left arm.

Immediately counter with a right punch to the face.

From this position...

...turn your knee down like this.

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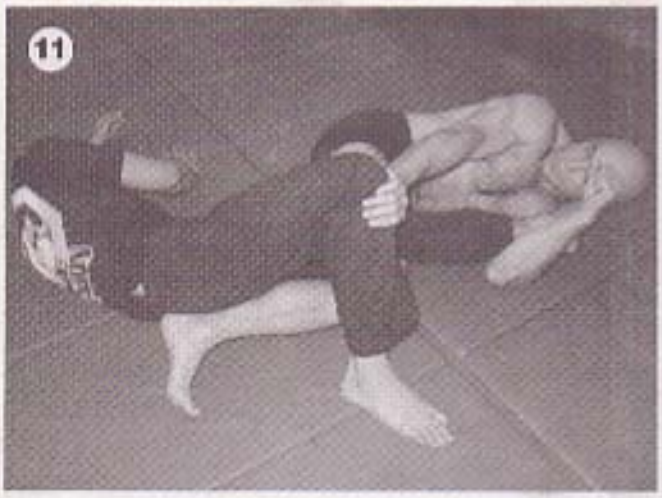
Now as he continues to hold your leg, bend down.

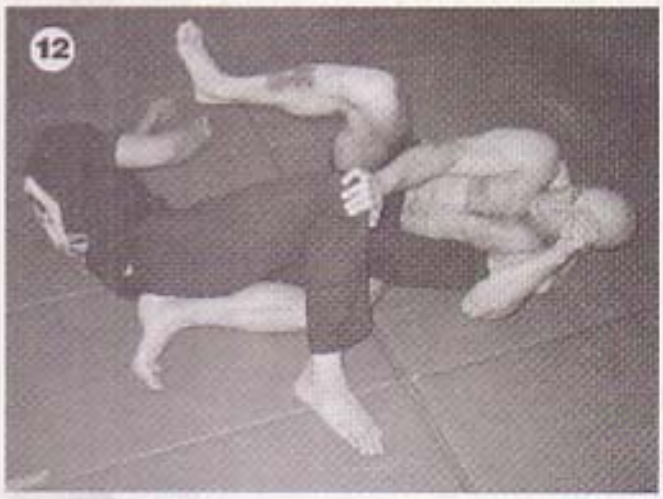
Grab his legs behind the knees.

Roll forward, pushing him down on his stomach.

Apply the knee bar.



For more control and power.



Pull your right foot out.

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Place your right foot over his left leg.

Bring your feet together and knee bar.

Training Notes

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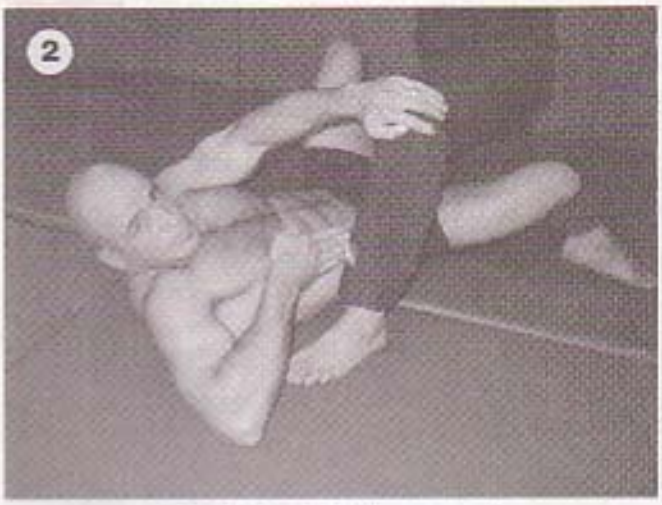
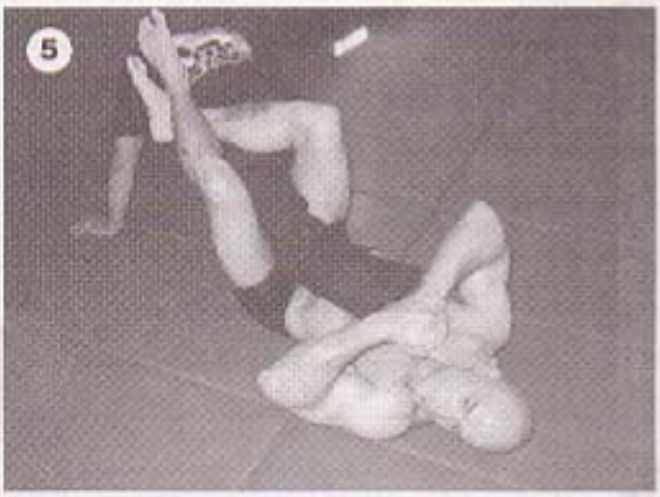
Knee Bar: We start with my opponent on top ready to strike.



Grab his left knee and slide your right hand in.

Hook your right arm around his ankle and pull right while pushing his knee left.

As he turns to the floor open your legs.



Hook your feet together and secure his left foot to your neck.

Roll on your side and bridge to finish the knee bar.

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Knee Bar: We start with the opponent in your guard position.

Open your legs drop your right leg under his left leg while holding his ankles.

Bring your left foot on his belly pushing him forward.

Grab his left leg as you bring your left leg out.

As he falls hook your feet together and secure his left foot to your neck.

Finish by bridging and pulling his leg back to complete the knee bar.

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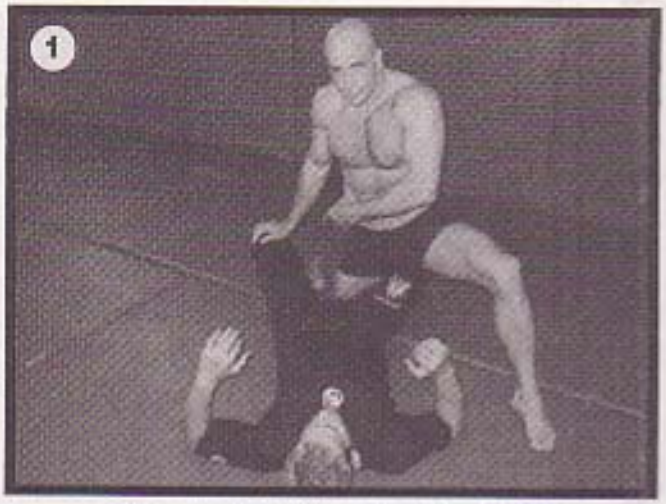
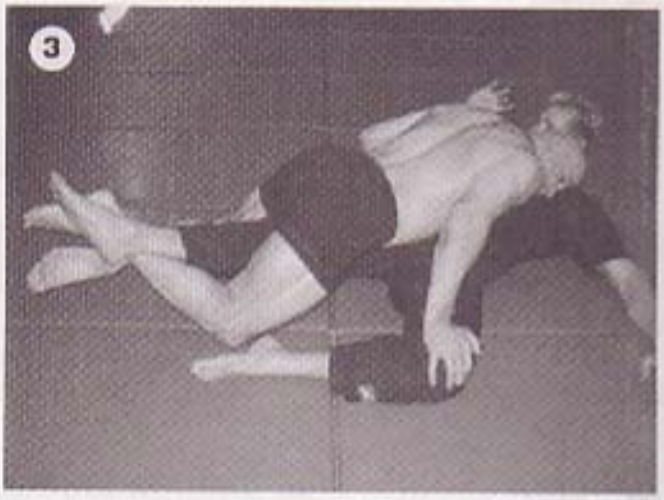


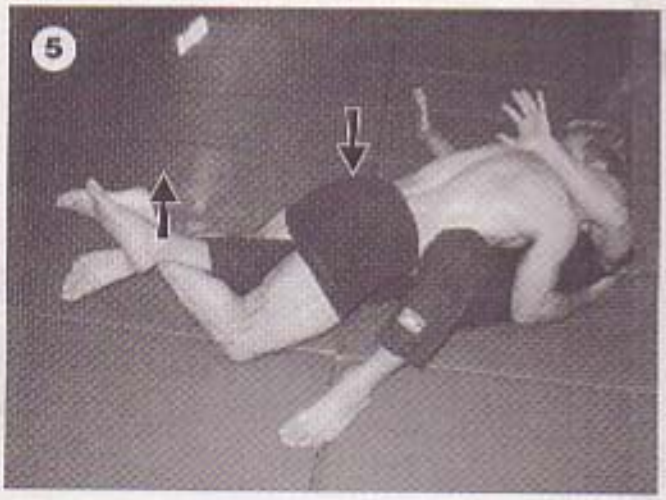
Knee Bar: We start by first pushing his right knee down.

Lay his right leg flat on the ground.



Hook your right leg under his right leg, support your right foot on your left ankle.

Hold him tight for control.



Push your hips down and your feet up to execute the leg lock. A painful submission.

Training Notes

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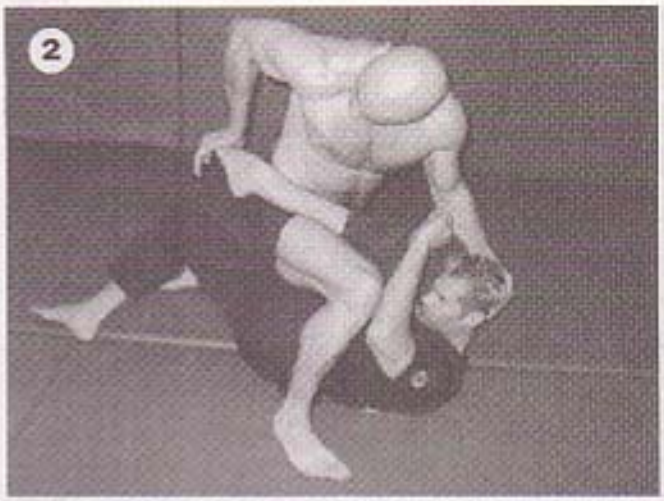
Toe Hold: Begin in the mount holding the head with your left hand.



Push his toes down with your right hand.

With your left hand go under his calf and grab your right wrist.

Push the toes down keeping his leg bent.

Fall back on your right side with his left leg squeezed between your legs.

To finish, his toes stay in the same place as you pull your right shoulder back.

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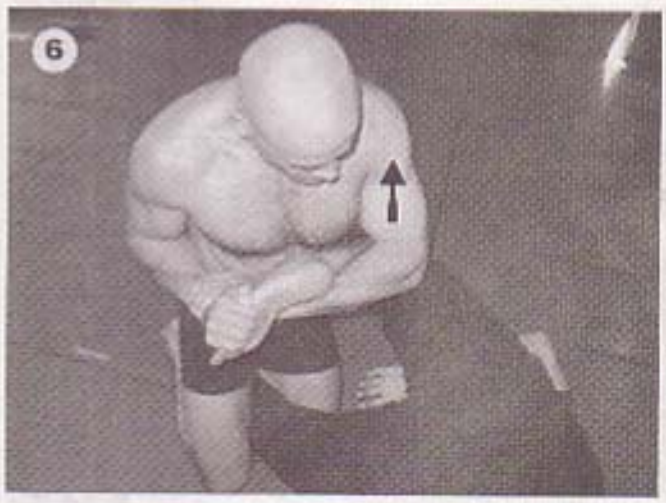
Toe Hold: The same move but a little different technique.

With his left leg on your right leg grab his toes with your right hand.

Slide your left arm under his leg and grab your wrist.

Drop your right knee to the floor.

Now squeeze his left leg between your legs for control and leverage.



Keeping the toes in the same place, pull your left shoulder up until he taps.

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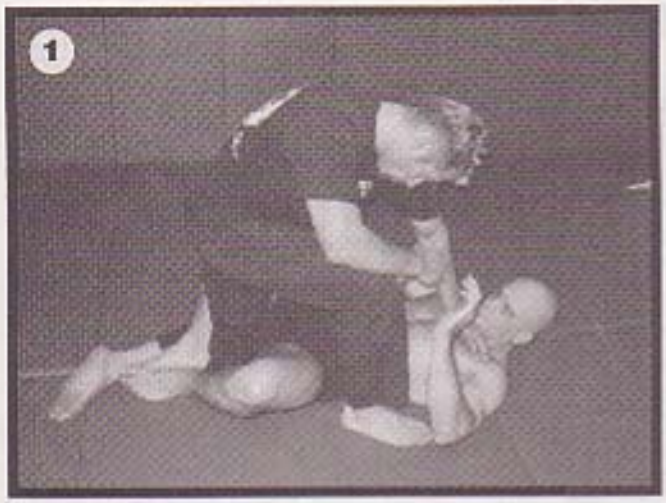

Toe Hold: We begin with your opponent on top in the mount.

First put your right hand on his toes.

Now hook your left leg over his left calf. Make the next steps fast.

Slide your right hand inside around his right calf.

Grab your own left wrist with your right hand.

Drop back with your feet crossed and pull your right shoulder back to finish.

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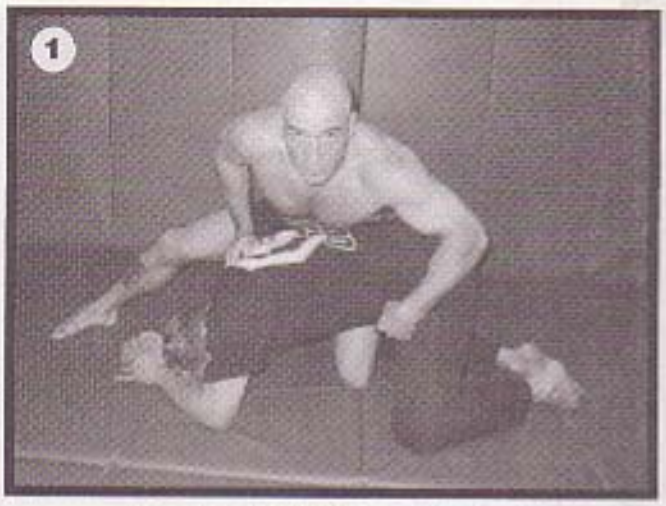
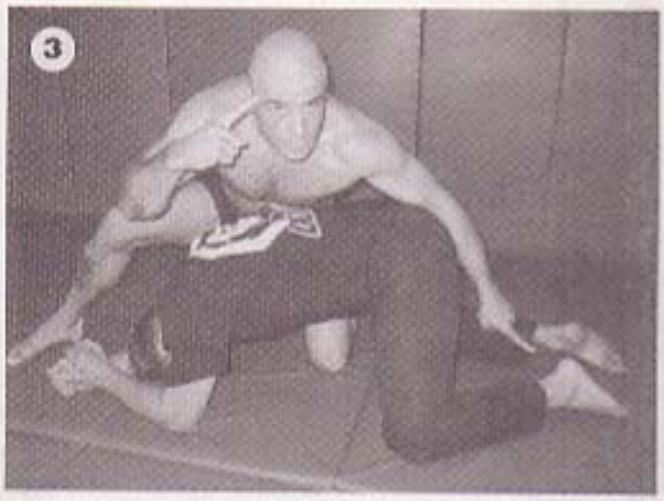


Toe Hold: In this situation your opponent is on all fours.

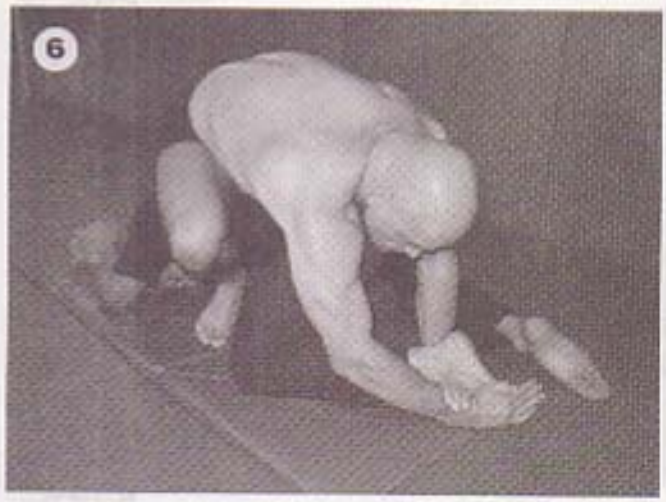
As a distraction cross face him with your right arm.



Now visualize yourself making a toehold.

Your right leg steps over, careful not to touch his foot because then he will know.

Make the move in your mind.



Grab his left foot, like this.

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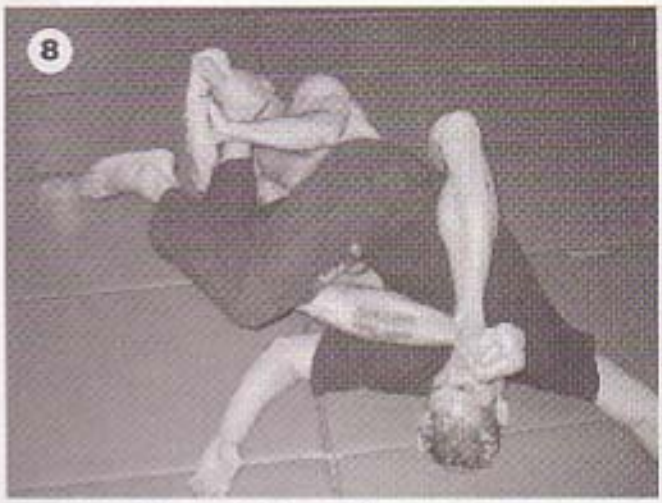
Roll left.



Secure him with your legs by crossing your feet together.

Pull your left shoulder back and push his toes back for the finish.

Make sure there is no space between your right arm and his leg.

Press your arm against his shin like this for total control and leverage.

Training Notes

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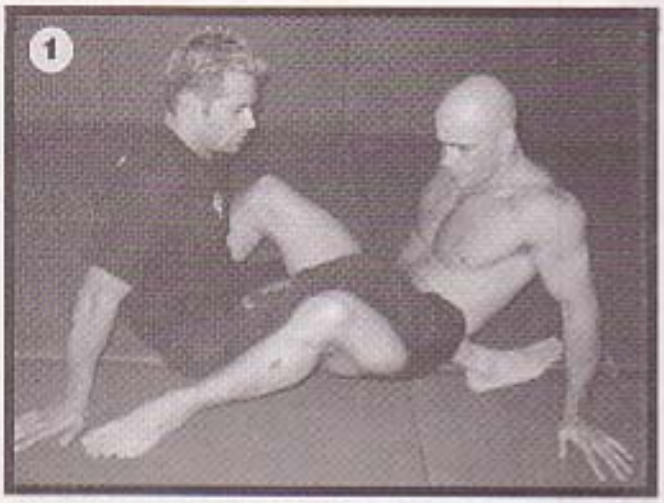
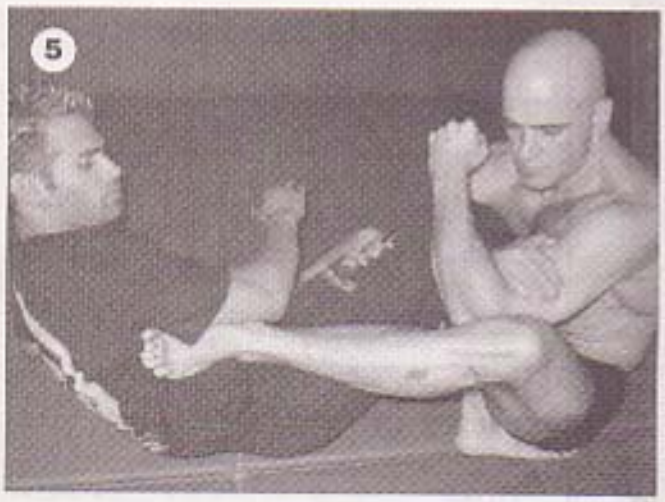


Scissor Leg Lock:
Start out seated, facing each other.

Grab his right leg and slide your left leg out to create space.

Slide your right hand under his right knee the way you would apply a choke.

Catch his right foot under your butt for control and support.



Grab your left biceps with your right hand putting your left heel on his hip.

Fall back stretching your body to finish the lock. Very painful.

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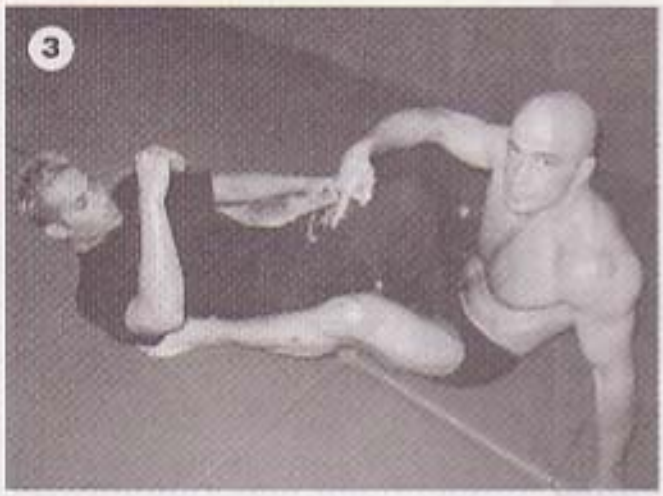
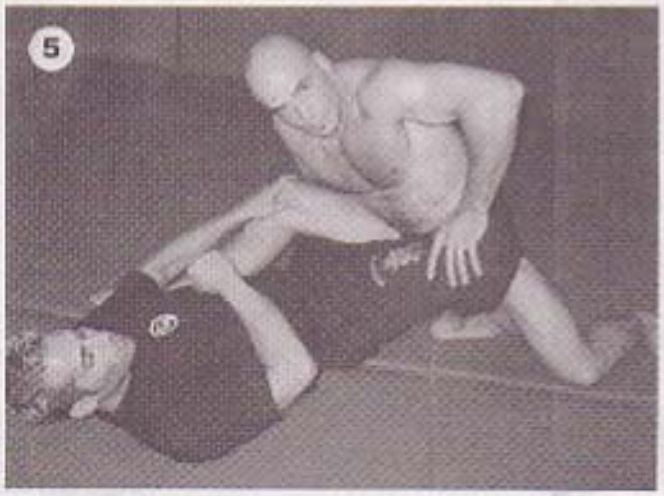
Do this escape when someone breaks your guard and wants to go for a leglock.

From the mount he puts his foot between your legs.

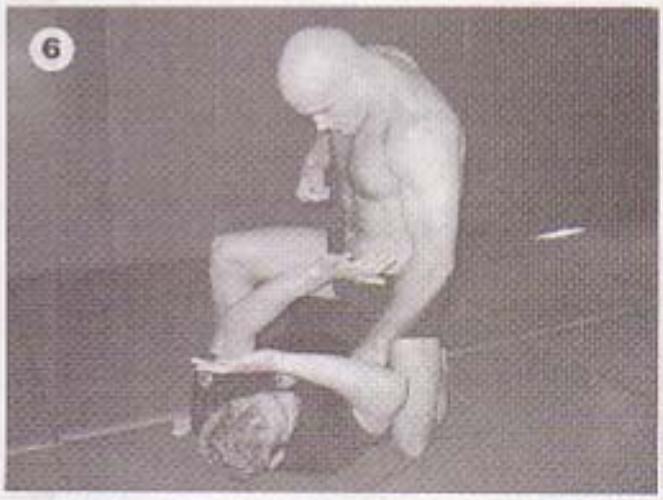


He falls back but makes the mistake of not holding your left leg.

If this happens push his right knee down and pull your left leg back.



Keeping your left hand on his knee, pull your self up.



Climb on top in the mount position and start beating him.

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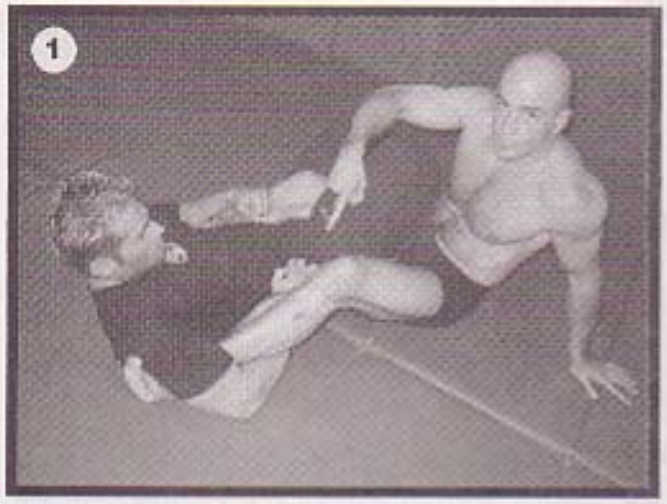
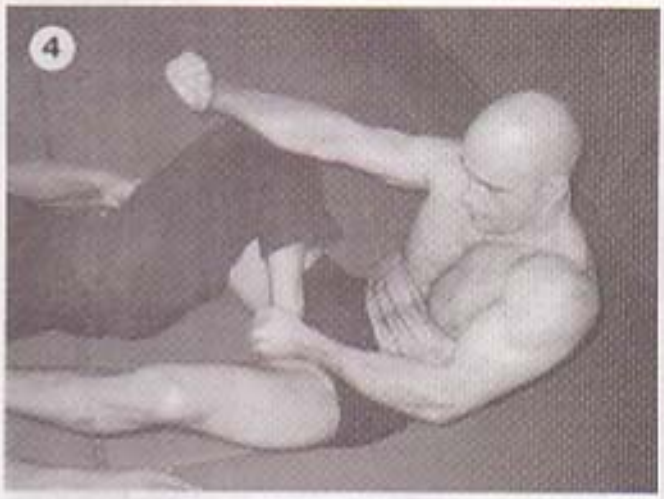


Rutten Heel Hook: Your opponent has hooked your left leg with his right arm.

With your right arm push his right leg to the right.

Pushing his leg causes his right heel to come up.



Keep pushing his knee right and grab his heel.

Cross your left leg over his hip and pull his heel to the right.

It should look like this. Your left leg position gives you control and leverage.

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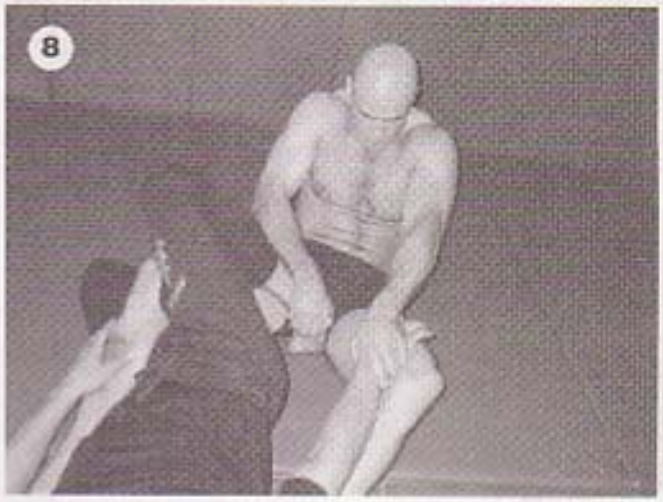
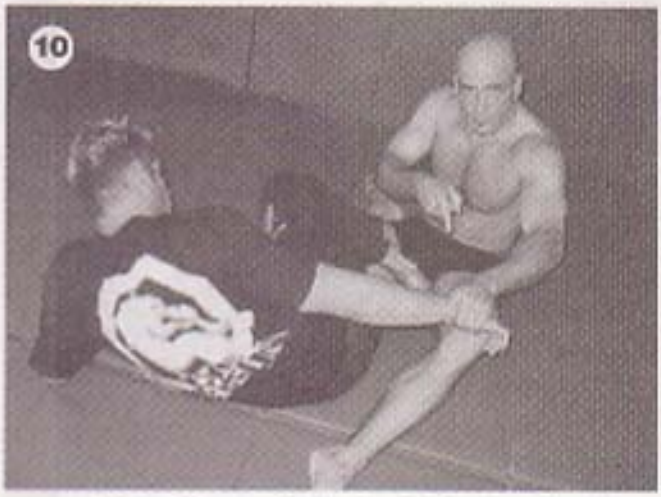
If he is smart he will try and push himself away, unless you hold his hand.



When you hold his hand and secure his heel, he cannot escape.

It looks like this.



Now if you don't hold his hand and he is a skilled fighter

He will immediately turn left.

By turning left he can twist his foot out from your hold.

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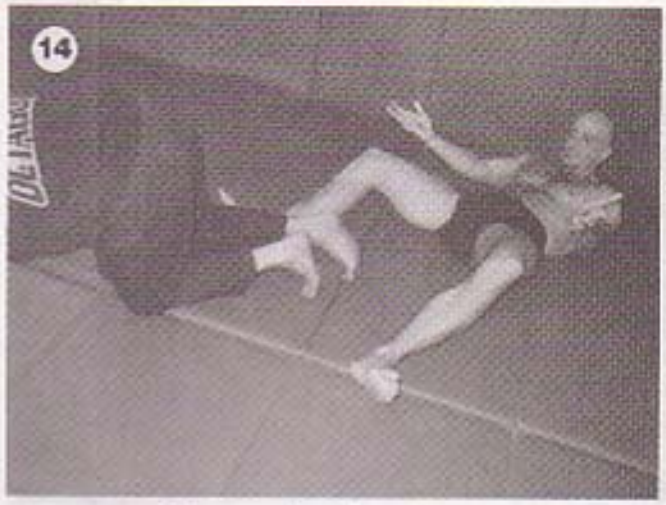
At this point he pushes himself away from the lock.



He completely escapes to fight another day.

Rutten Toe Hold: In this situation you have the side mount position.

Keep close by pushing your belly on him and pinning him with your arms.

At the right moment.

Grab his right leg and pull it back.

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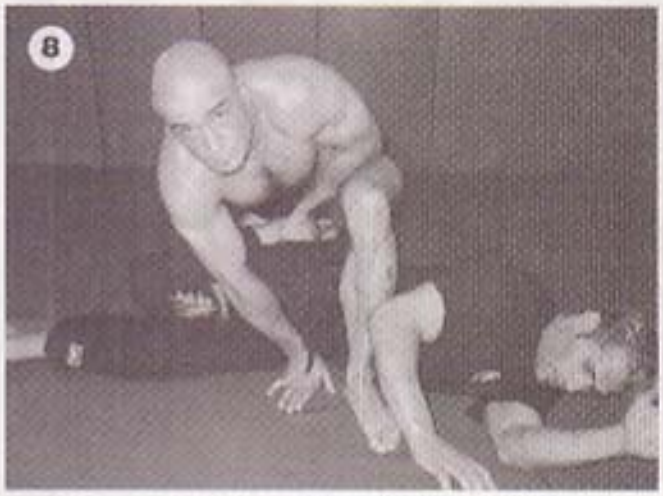
Now catch his right foot between your legs.

Here you can see how his right foot is hooked in.

From here post your right arm on the floor and step over with your right foot.



With my left hand I grab his right heel.

Secure his toes under your crotch, holding his heel with your right hand.

With both hands pull his heel up until he taps.

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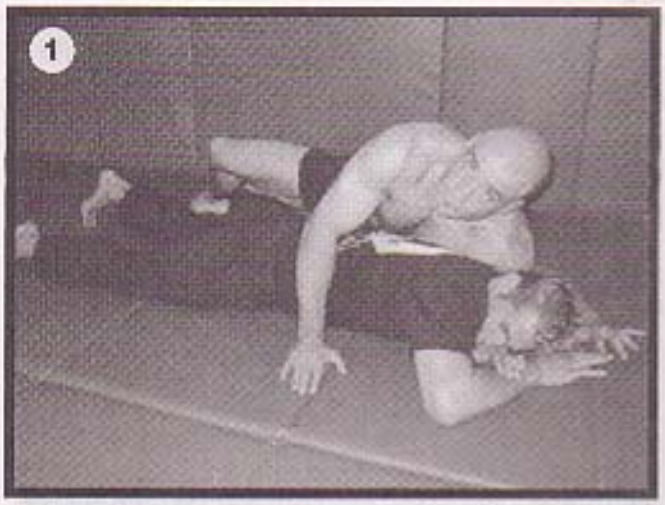
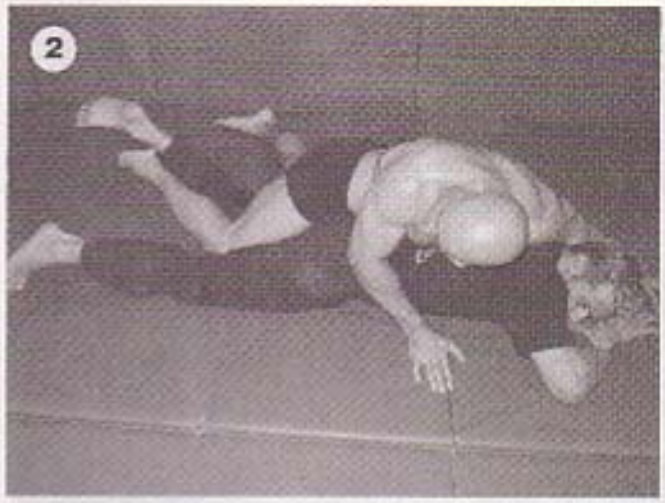
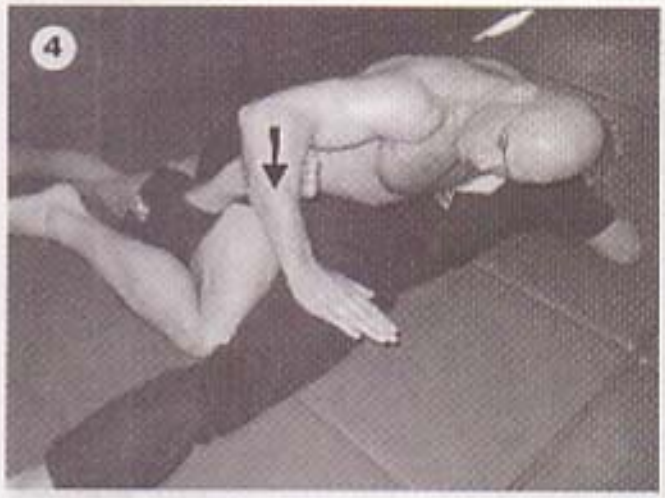


Foot Lock: Your opponent thinks you are going for a choke or neck crank.

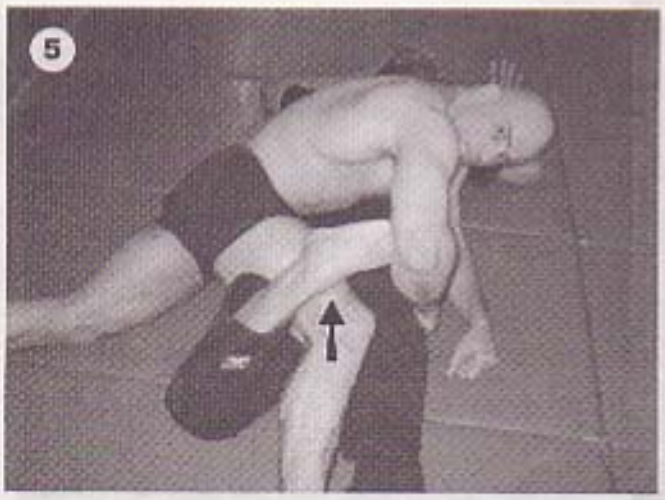


Instead of a choke, slide your right leg under his left leg.

Lift his leg up grabbing his foot with your right hand.



Catch his toes with your right arm, pulling his toes down.



Push your right leg up.

If he is too strong and doesn't tap...

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...keep control of his left foot and grab it with your left hand.

Hold the toes and pull the foot in.

Bring your right under his foot all the way to your shoulder.

Secure his right foot under your biceps as you pull your left hand out.

It's important to grab your right leg with your right hand.

Finish the submission by pulling his toes in while pushing his heel out.

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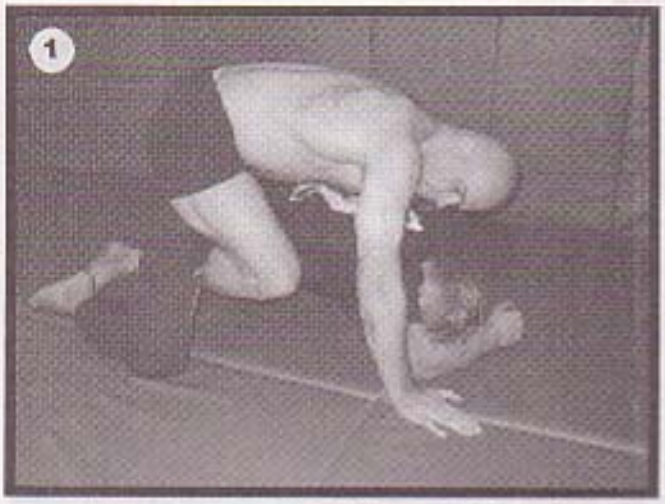


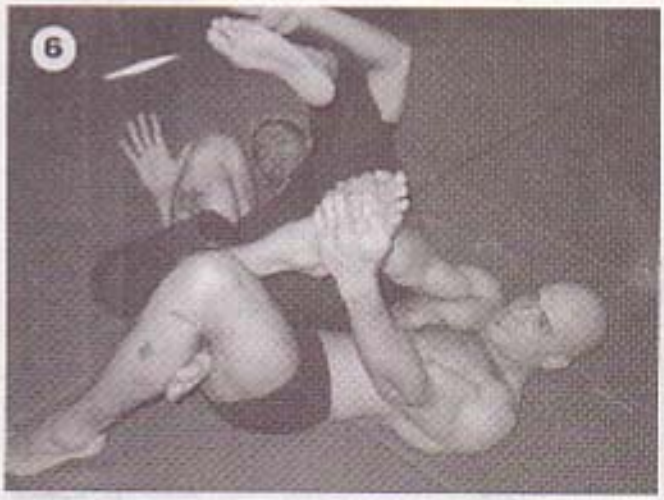
Leg Scissor: While on his back, put your heel hooks in under his legs.

Change position by leaning right with your right leg moving over his right leg.

Now turn all the way to the back to grab his right foot.

Complete the turn with your right leg hooked behind his right knee.

Stepping forward with your left leg and grab his foot with both hands.



Falling back, pull his foot down for the submission.

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A variation is to apply a foot lock.

Pull his toes down and push his heel up until he taps.

Scissors Leg Lock:
We start in your guard position.

Open your guard, skipping your hips out to the right to create space.

Pull your left foot in to this point.

Place your left leg between his legs with your right foot hooking his left leg.

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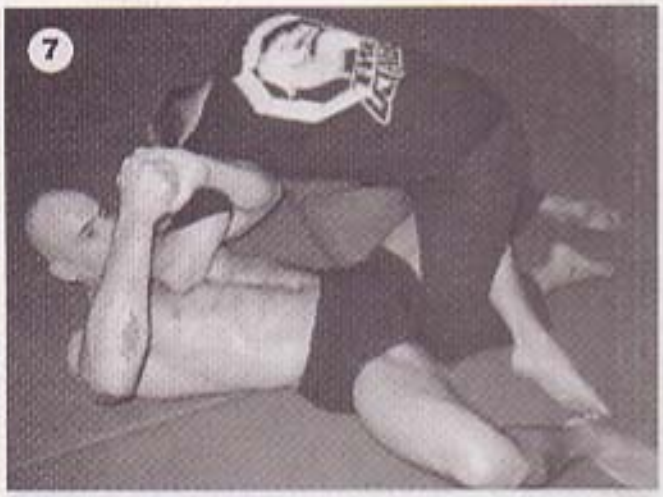
Now hook your right leg over his left leg.

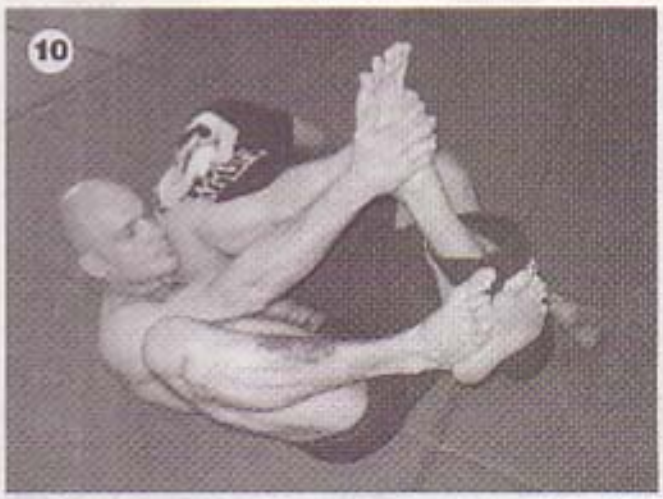
Bring your hands together underneath his left arm.



Pull your arms to the left and bridge him off.

Throw your right leg up, bringing it down so you can sit up more easily.

Lean forward grabbing his left foot with both hands.



Drop back, pulling his foot and push your right foot down on your left.

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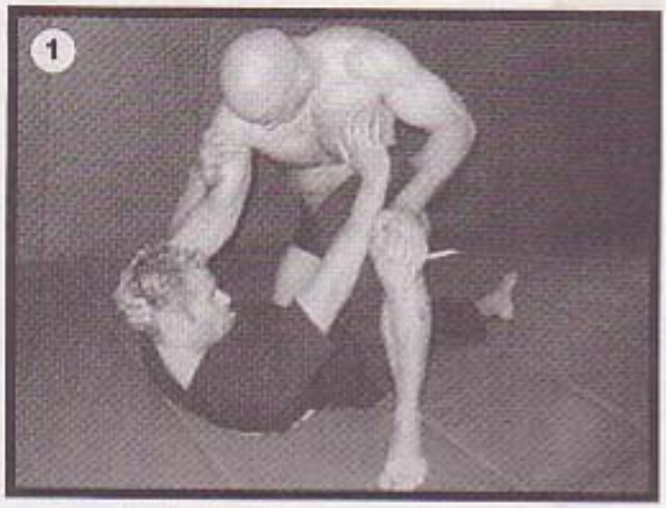

Heel Hook: You are in his half guard holding his head for control.

Slide your left arm under his right leg.

Sit up bringing his right leg over to the left side.

Keep holding his head so he can't fall back and pull his leg out.

Now switch hands and grab his head with your left hand.

With your right hand, push on his right knee.

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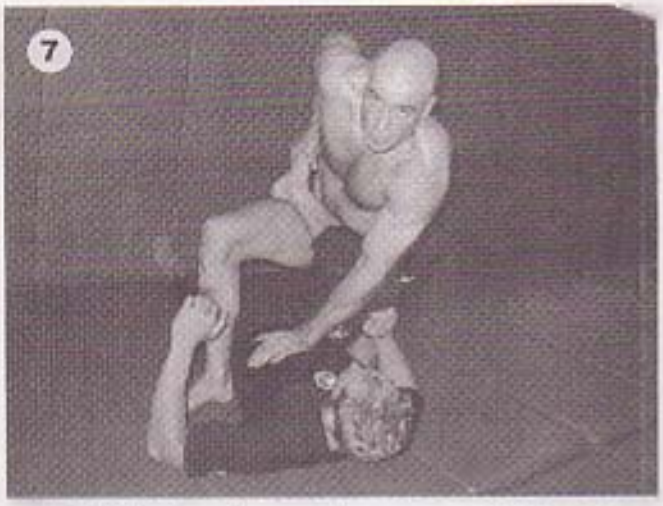


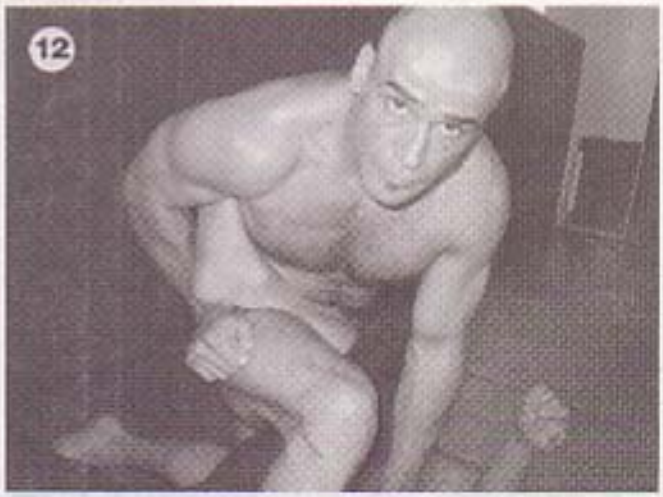
Let his head go, place your left hand on his belly and grab his toes.

Push the toes of his right foot down.

Keep your left elbow on his knee!

Push the toes down and he will tap.

From this position you can also go for a heel hook lock.



Apply the hook like this.

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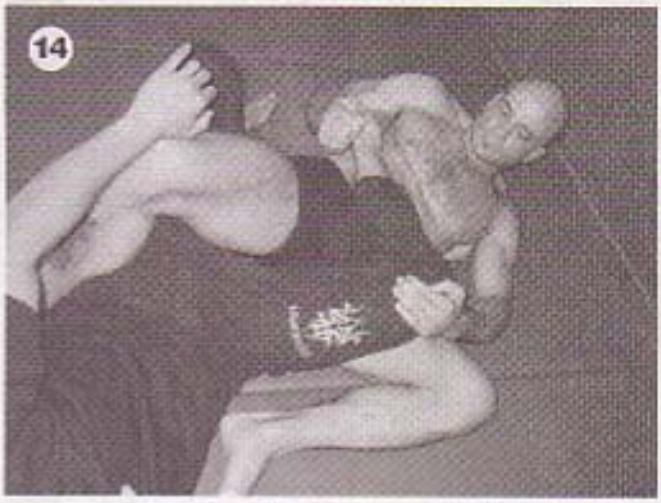
At this point push on his right knee with your left hand.

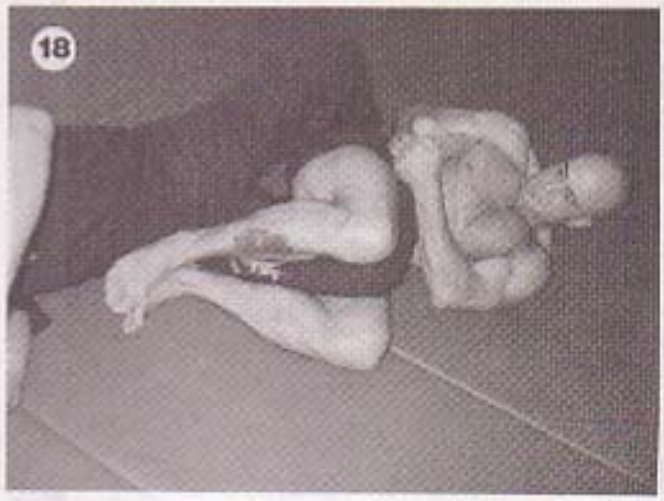


Drop back securing his leg.

Let go of his knee and apply the heel hook.

An important point!

For an even stronger hold bring your right leg over.



Squeeze your legs together tight and finish.

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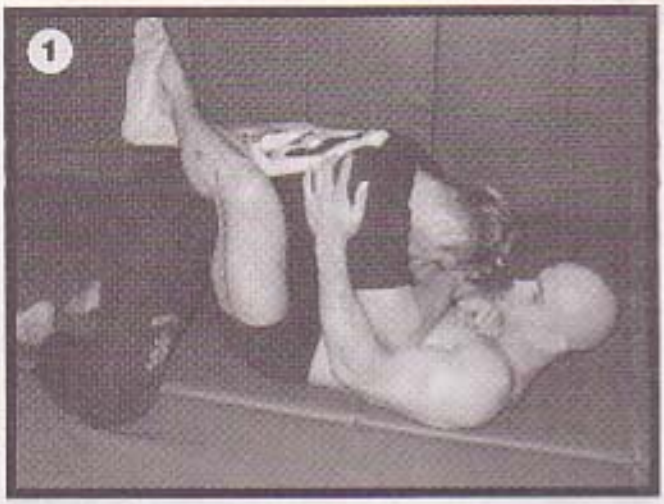
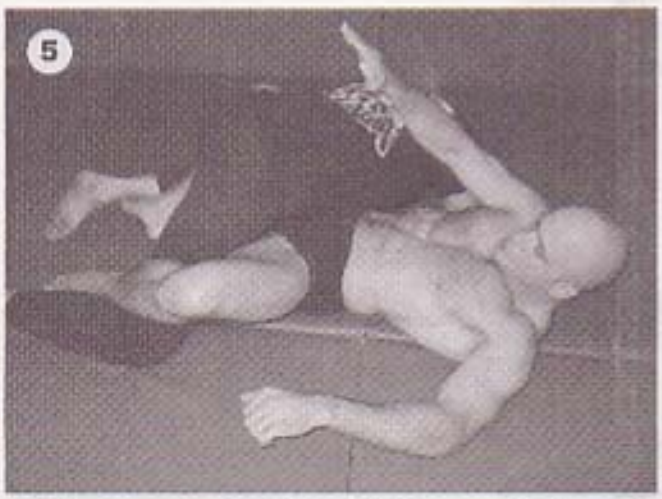


Leg Scissors: Begin with the opponent in your guard position.

Open your guard, hooking your legs over the back of his legs.

Bridge high and push him to the right side.

Push him all the way over, bringing your right arm outside his body.



Keep control of his right leg and sit up.

Go for his right foot.

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Grab the leg with your right hand and pull back.

Now grab with both hands and fall back to finish.

This is another technique you can do to make him tap.

Grab his toes with your left hand pulling them to the left.

As you pull the toes left, push his heel right for the submission.

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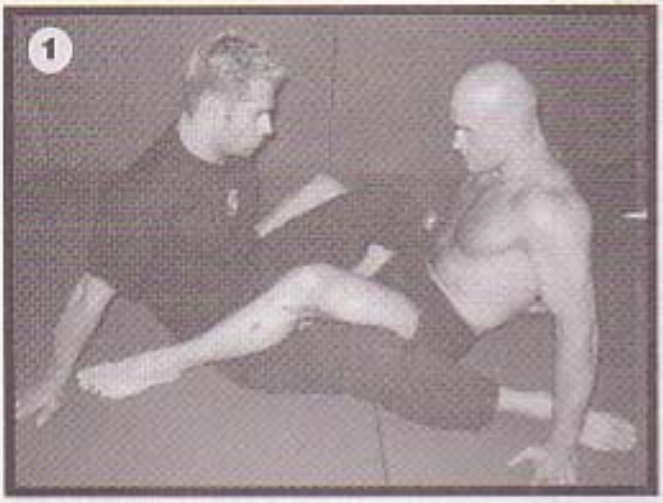
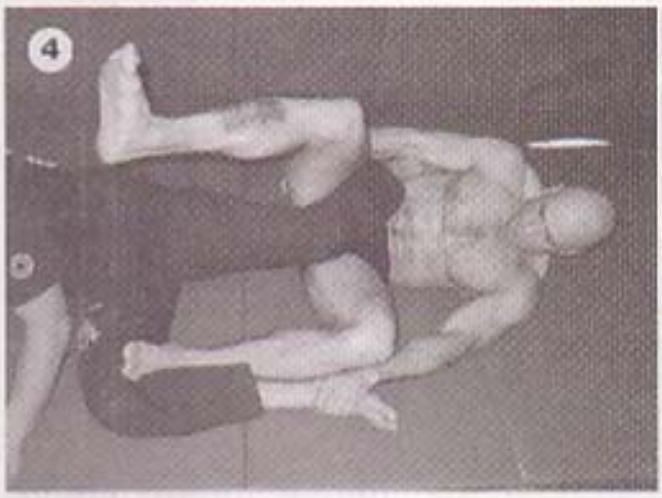


Leg Submission Variation:
We start in this position.

Grab both his legs and fall backwards.

With your right knee push his left leg to the left.



Bring your right leg over his left leg.

Put your right foot under his right knee keeping his left foot under your right arm.

Let his foot go and bring your left leg over his right foot. Stretch your right leg to finish.

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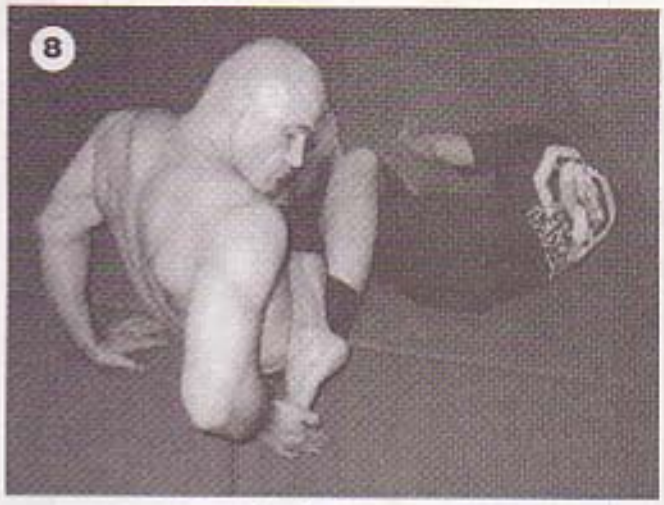
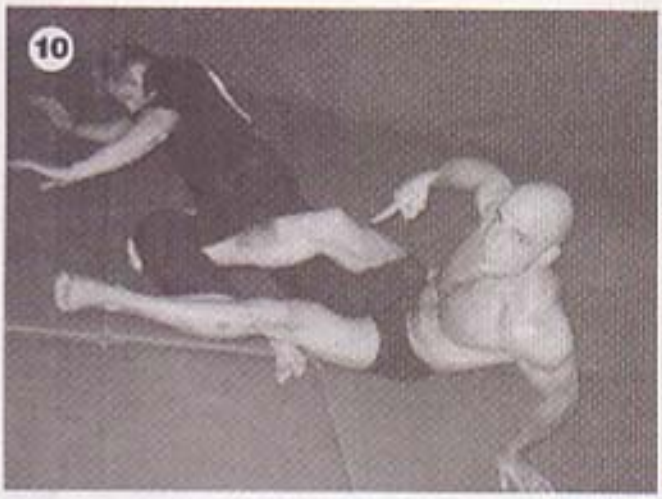
If he doesn't tap, you can also make a heel hook...



...or you can grab the toes and push down with your right hand to execute a toe hold.

Pull the heel in and push the toes down for the finish.



Again, with some luck you may get him to tap by just stretching your right leg.

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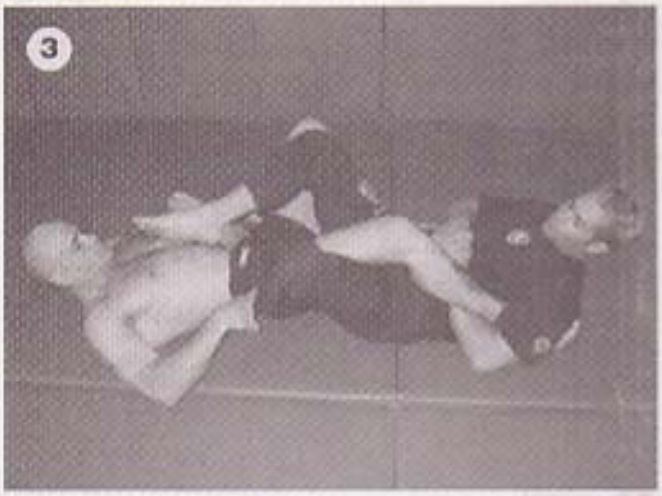
Leg Lock: In this position he wants to leg lock your right leg.

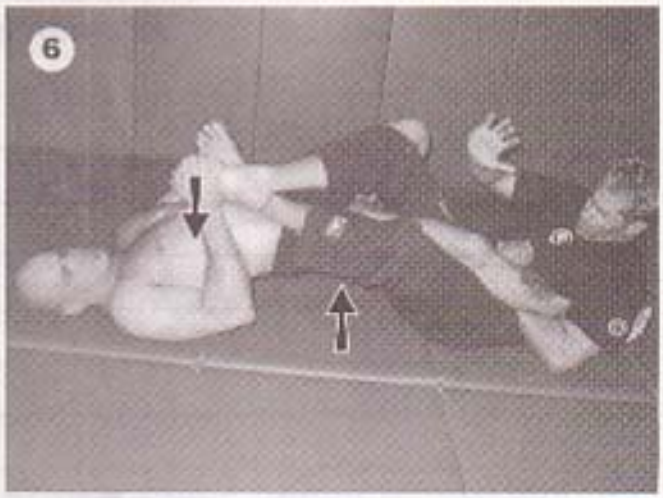
He locks your leg with his left arm.



As you drop back he crosses his feet on your chest.

Bridge up high.

Now grab the toes of his top foot.



Bridge high and pull his toes down until he taps.

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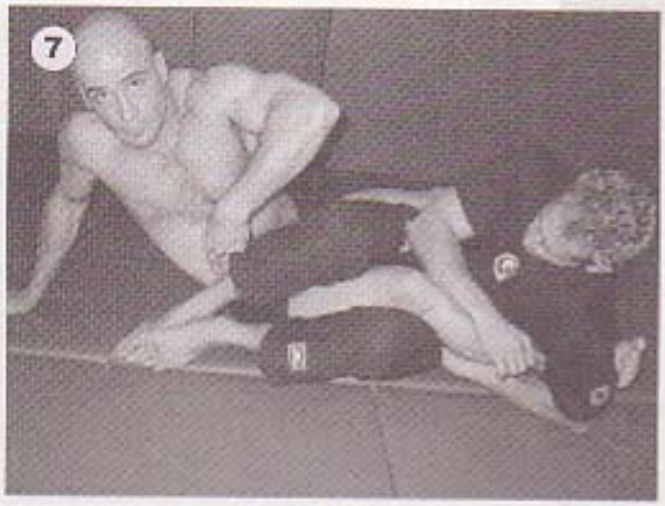
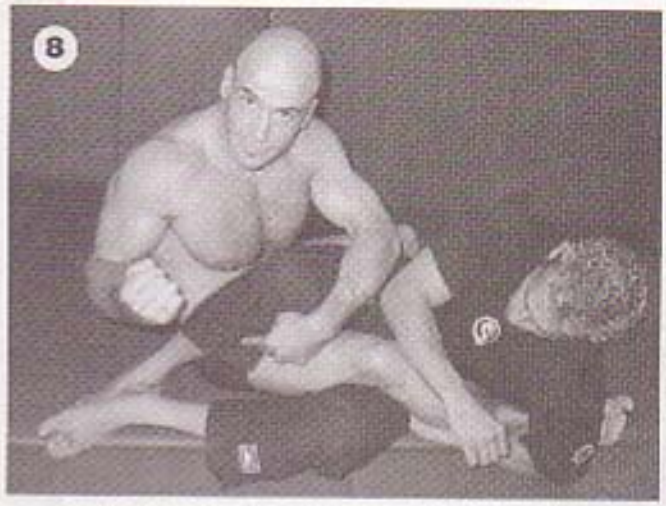
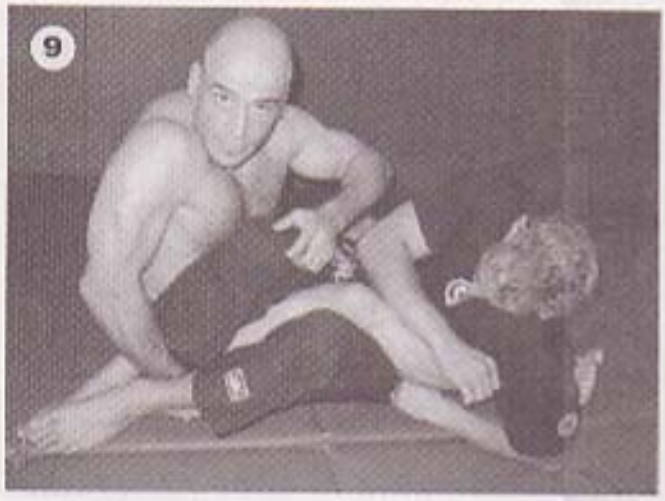


You can also submit him if his legs are in this position.



Make a fist with your right hand.



Place your fist between his legs like this.

With your right arm hook under his left leg pulling it up.

Keep his right foot under his left leg for leverage.

Finish the lock by pulling his toes down and bridging as high as you can.

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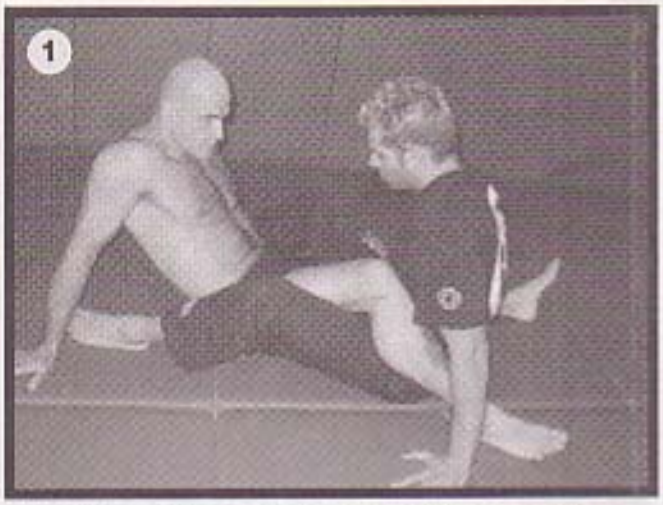
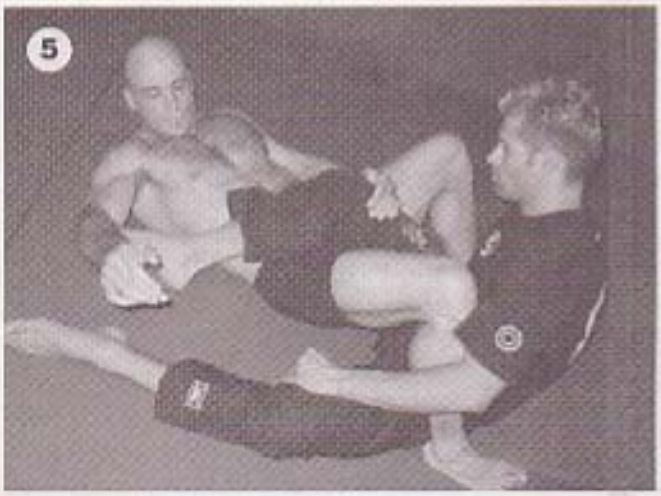


Ankle Crank: The technique starts in this common position.

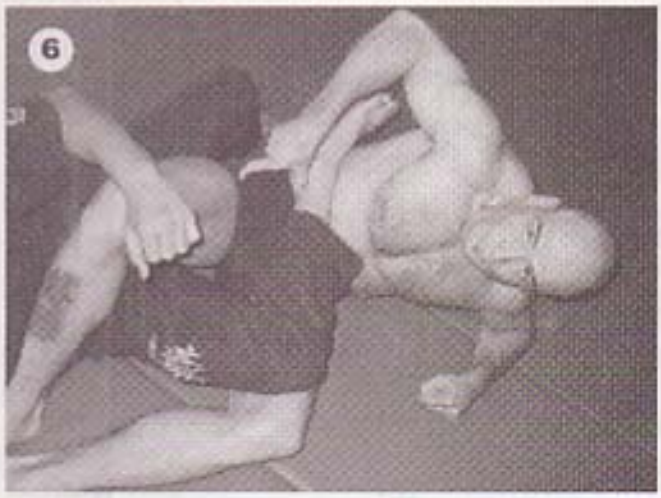
Bridge up grabbing his right knee with your right hand.

With your left hand push his left leg all the way to the right.

Switch hands now, holding his leg with your left hand.



Keep hold of the knee and bring your right leg over his right leg.



Look at this space near my right hip.

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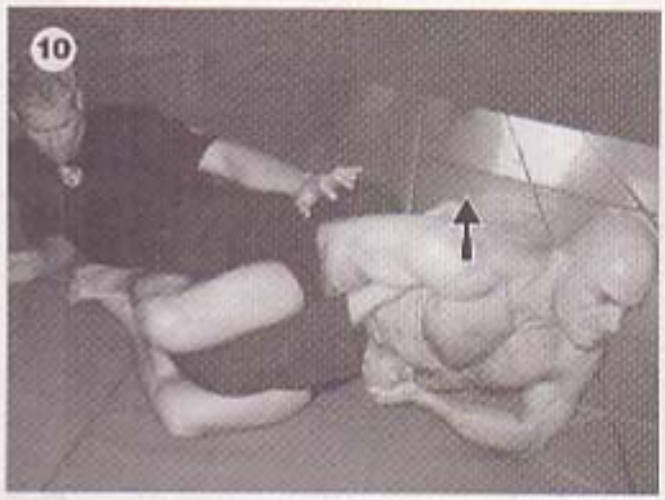
Slide your right hand down inside this space.

Hook his right leg with your right arm.

Now squeeze your knees together.



Finish by gripping your hands together and pulling your shoulders back.

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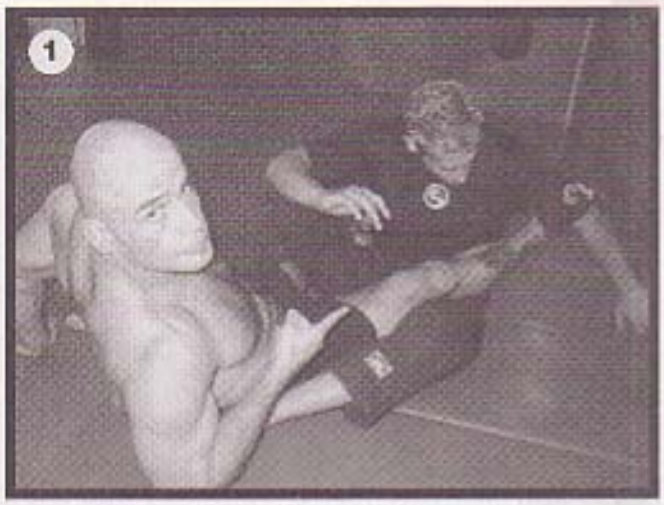
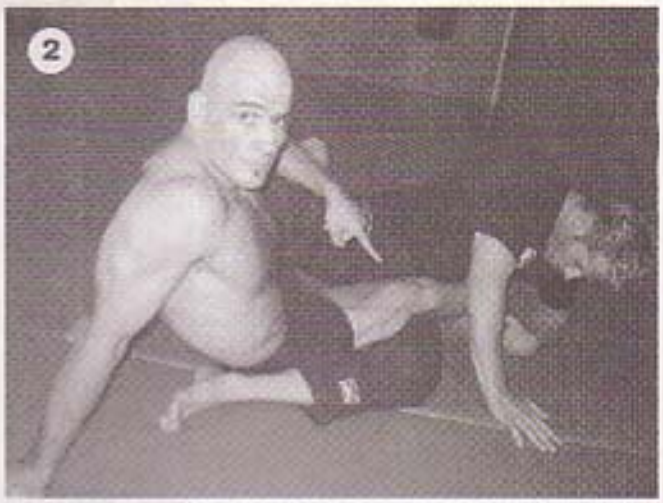


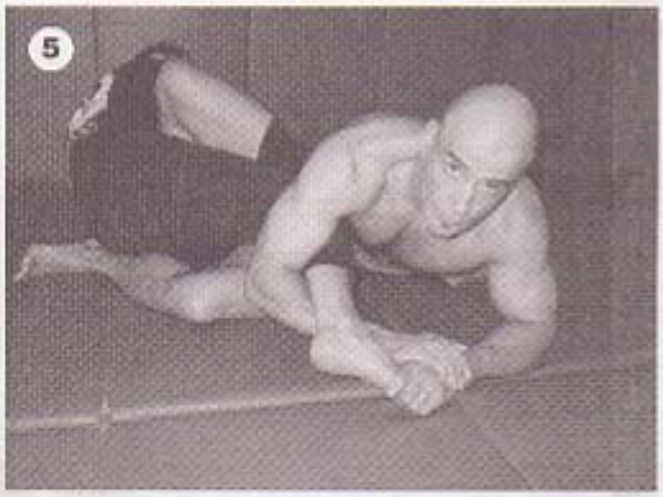
Toe Hold: From this position he goes for a toehold.



To escape, keep your leg stretched, turning your toes to the right.

Now grab the toes of his right leg.

Secure his toes and bring your right arm over, keeping your right knee up.



Bring your right arm under his right leg and grab your wrist.

Pull your right shoulder back as you push his toes forward for the submission.

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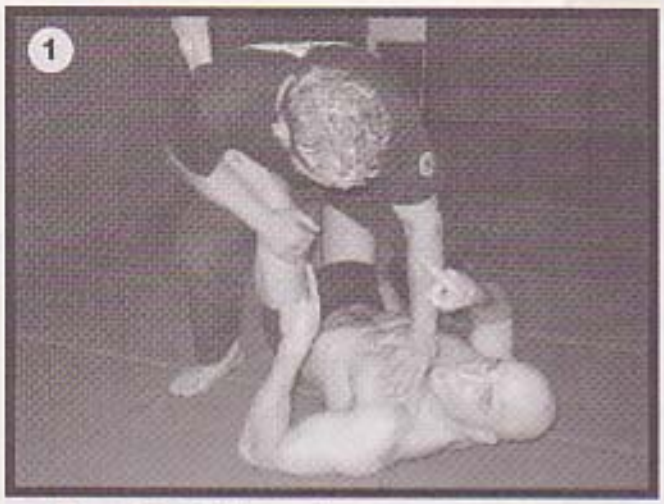
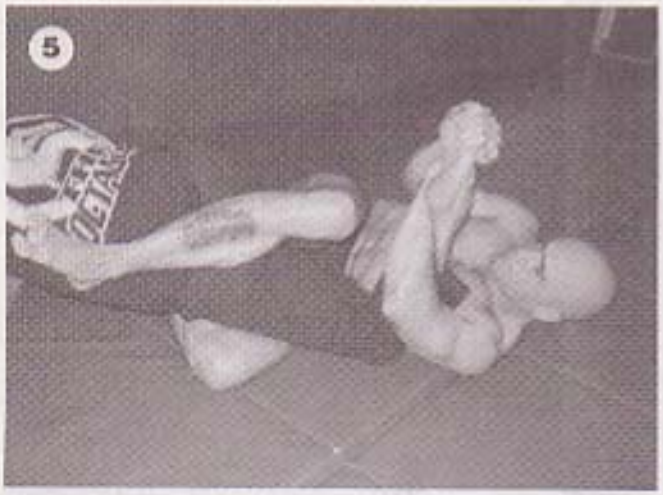


Toe Hold: From here your opponent wants to go for a left leg knee bar.

Now think! As soon as he steps over to knee bar you...

...grab the toes of his left foot.

Push him forward with your right leg dropping him to his left knee.



Bring your right leg over, keeping his knee bent finish with the toehold.

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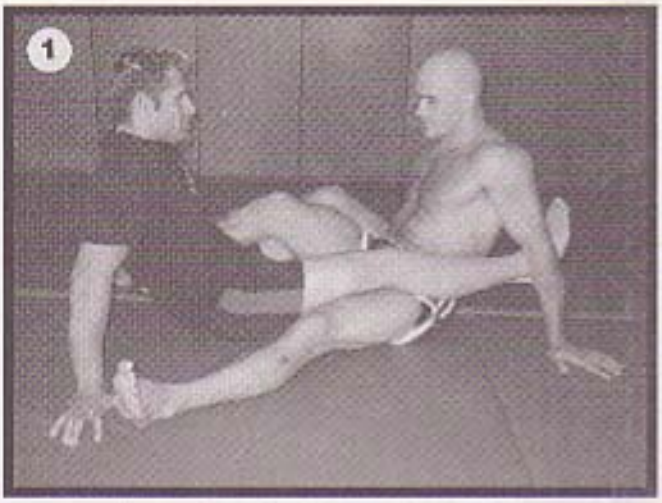

Leg Lock: We begin in this common position.

Just keep your legs stretched as you grab both his legs.

Look at the right foot position. Keep it under his left armpit as a scoop.

Pick up your right leg, hold his legs and turn him to the left.

Roll him over all the way, keeping his leg tight to your body.

You want him all the way on his belly.

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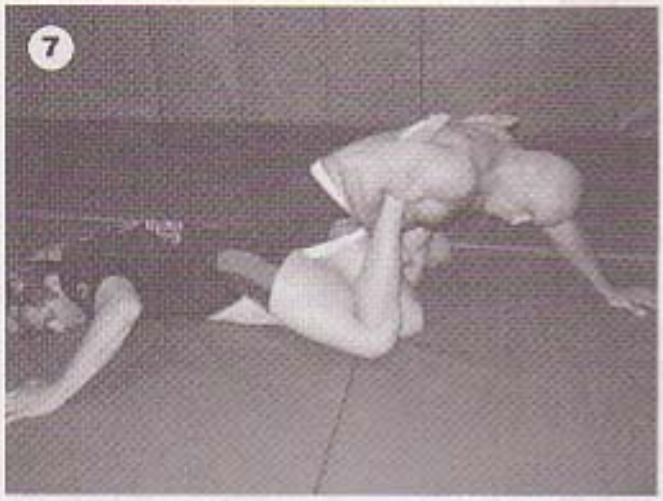

Post your left hand to prevent him from stretching out his right leg.

Now post your left foot forward and hold his knee with your left hand.

Hold his right leg, pulling his knee up with your right hand until he taps.

Also consider this option.

You can step to the left, bringing his left leg behind your left leg.

Now push his right foot down across your left shin for the submission.

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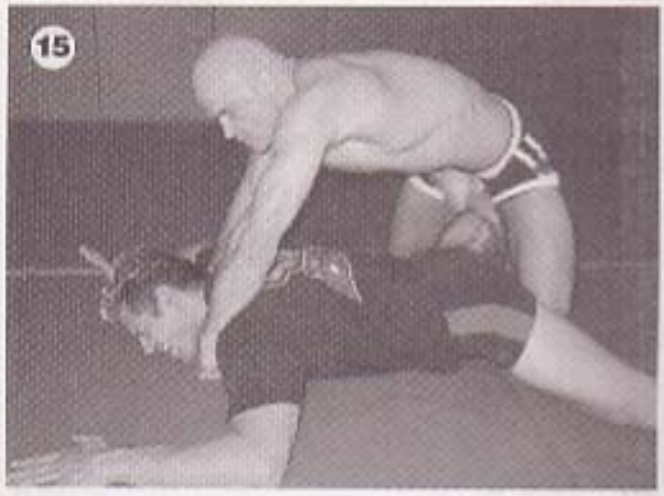
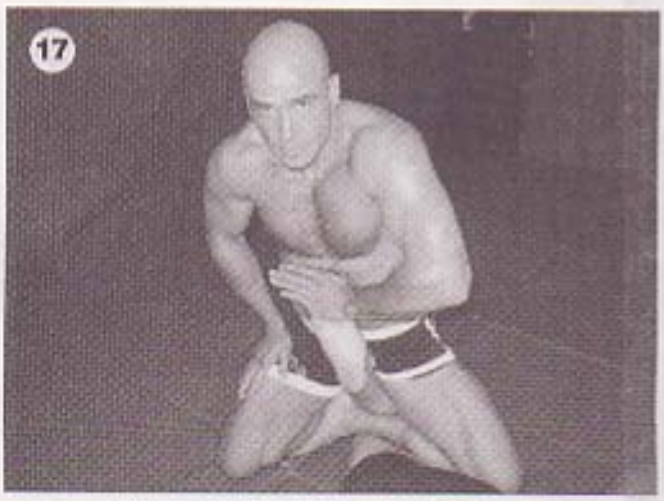
But there is more! Use your body weight to make him submit.

Simply lean all the way forward.

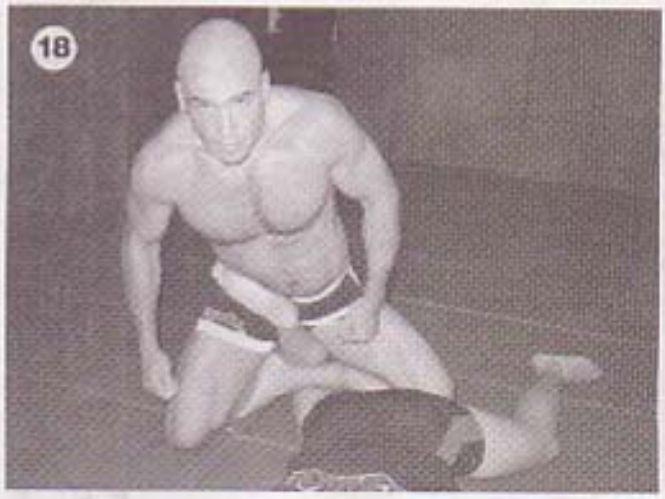


You can also grab his shoulders to apply more pressure.

Or consider this technique.



Sit up and with your left hand push his toes to the right side.



Lean to the right and secure his right foot across your right hip.

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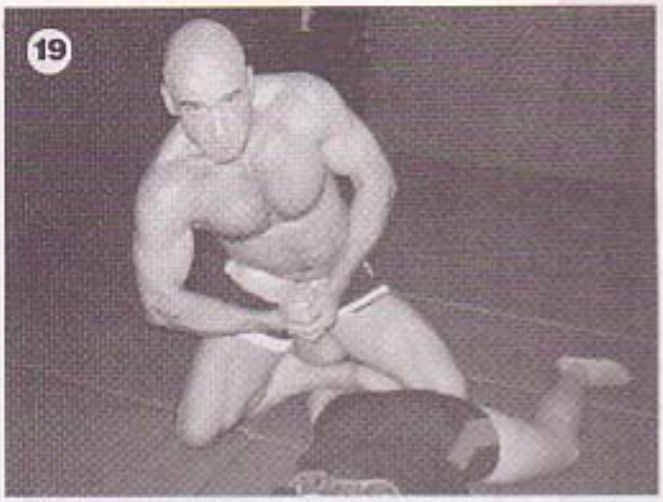


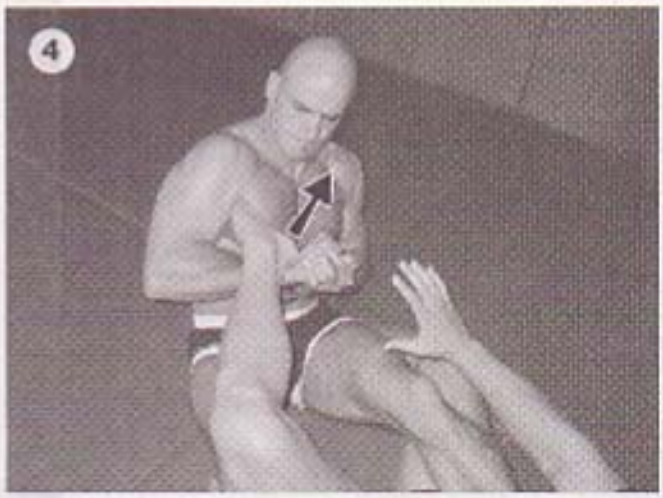
Now grab his right heel with both hands turning it to the left for the finish.

As you can see it hurts big time and there is no escape.

Inverted Heel Hook: Start position.

Slide back keeping the toes of his left foot under your right armpit.

With his left foot secured push his knee with your left hand and slide forward.



Grip your hands together and pull his left ankle upwards until he taps.

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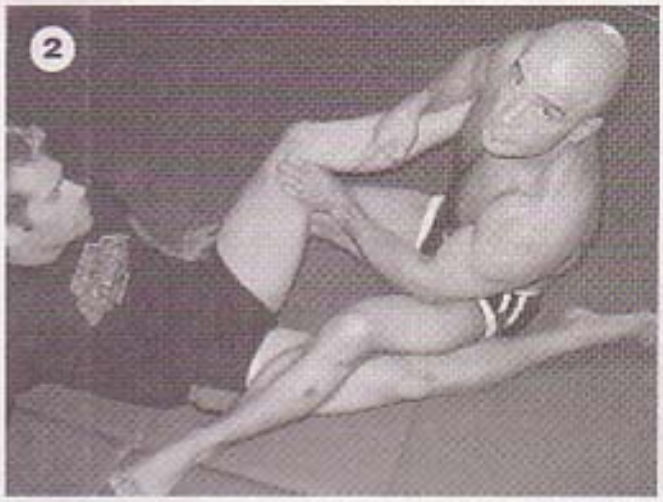
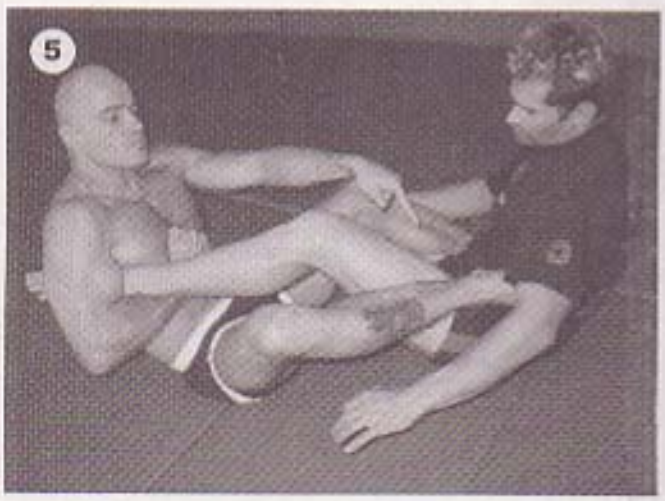
Achilles Tendon Hold:
Begin seated facing each other.



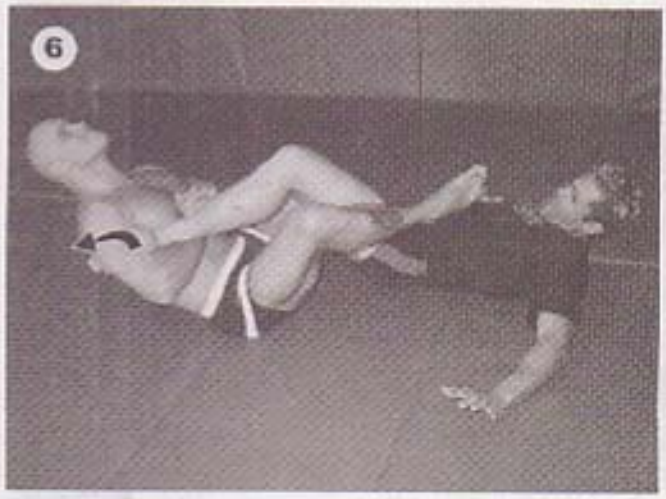
From this angle, push behind his left leg by gripping your left thumb behind his knee.

Push his leg away and grab his left foot under your biceps.

Support your right hand with your left hand, keeping his foot in tight.



Make sure you control his right hip with your right foot.



Lean back with your shoulders and pull your arms up for the submission.

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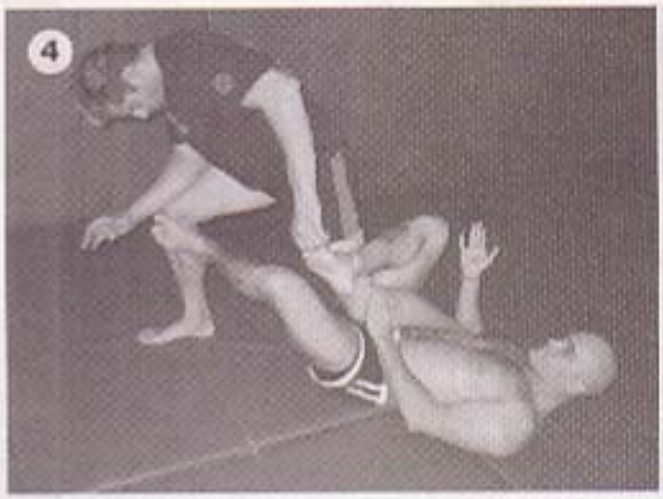
Leg Scissors: Your opponent is in the mount position ready to strike.

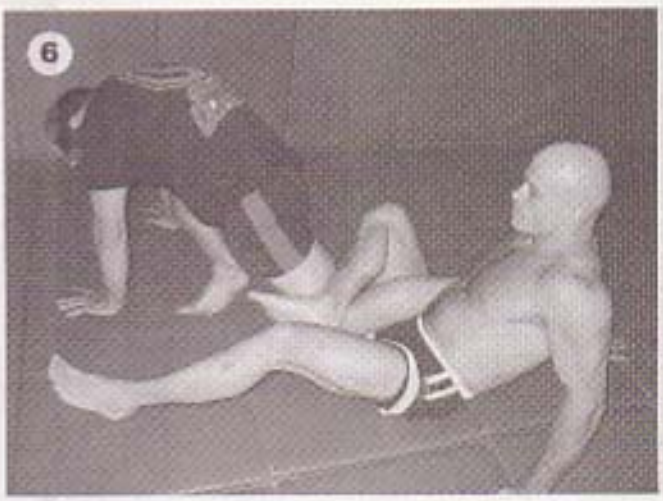
With your left foot kick his right knee and bring your right leg over.

Look at it from this angle.



Kick hard with your left leg and slide your right shin down the back of his left leg.

Sit up as you slide your right shin down all the way.



Move fast and begin moving your left leg behind you.

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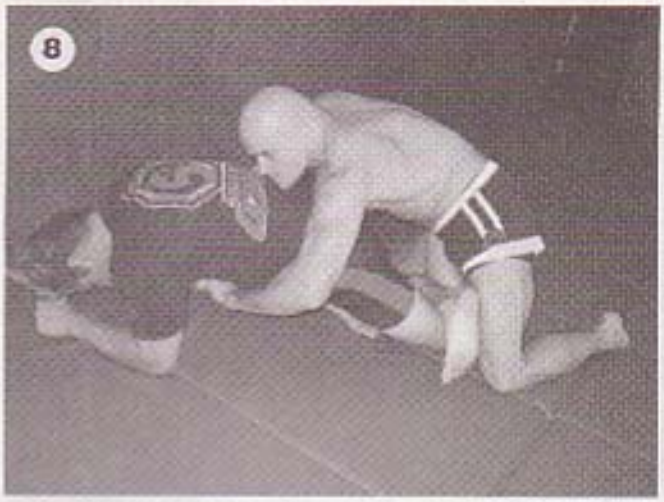
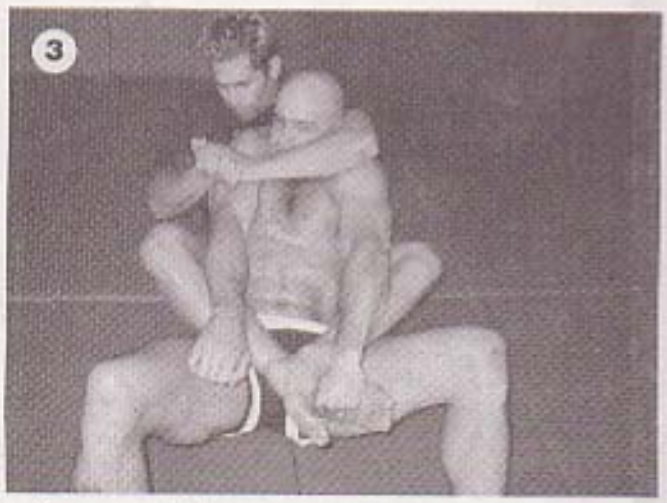
By bringing your left leg back, you come up in this position.



Finish by leaning forward and holding his back for added leverage and control.

Foot Lock: In this dangerous situation your opponent has your back.

First pull your shoulders up so he cannot get your throat, then grab his left foot.



Now grab his other foot and cross them.

Put your right leg on top of his left foot.

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You now want to push his left knee out with your left elbow.

To finish, push his left knee, press your right leg down and push your hips forward.

Foot Lock: Again your opponent has your back.

Grab his left foot and bring your shoulders up to protect against his choke.

Lean to the right holding his foot and place your right elbow below his knee.

Grab his right foot with both hands and pull up for the submission.

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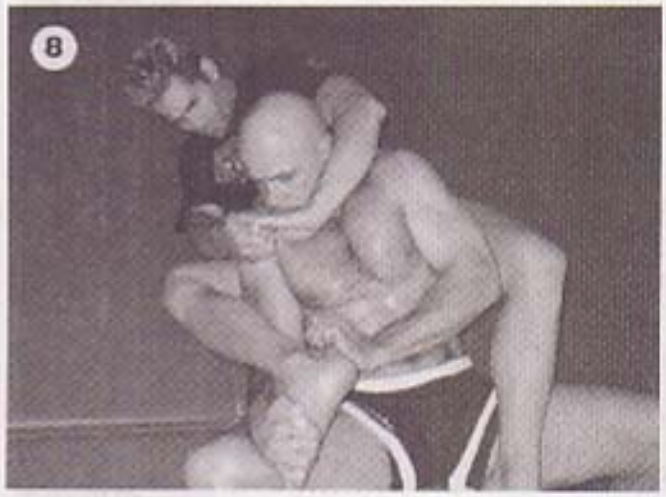
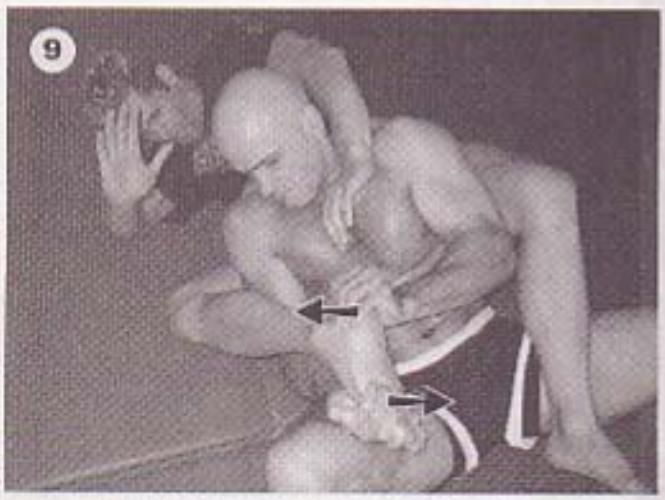
From this position you can also do this technique.

Defend the choke and grab his right foot with your left hand.

Slide your right hand under his ankle.



Grab his toes with your right hand and heel with your left.



Finish by pushing his heel out as you pull his toes in. Very Painful!

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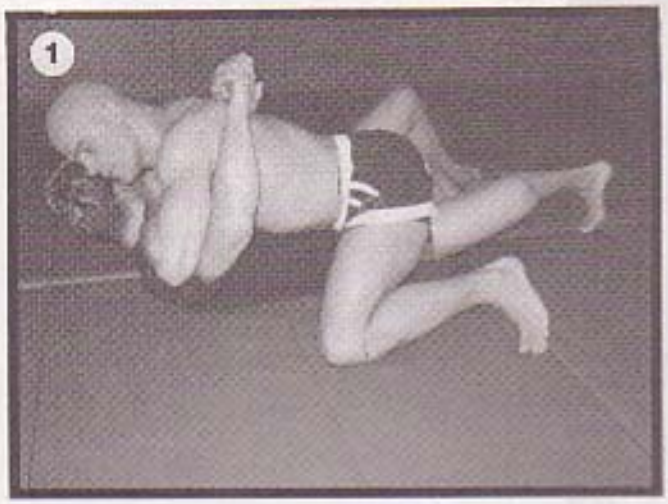
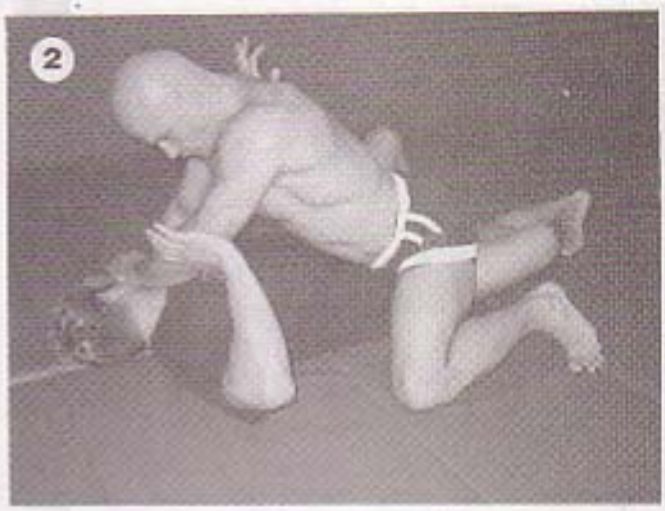


Knee Bar: You start in his half guard, by cross facing him with your left arm.



The cross face opens his grip.

Keep pushing on his jaw with your right hand.

Now we are going for his left leg.

Twist to the left turning completely around to the back.

Grab his left leg and fall back to execute the knee bar.

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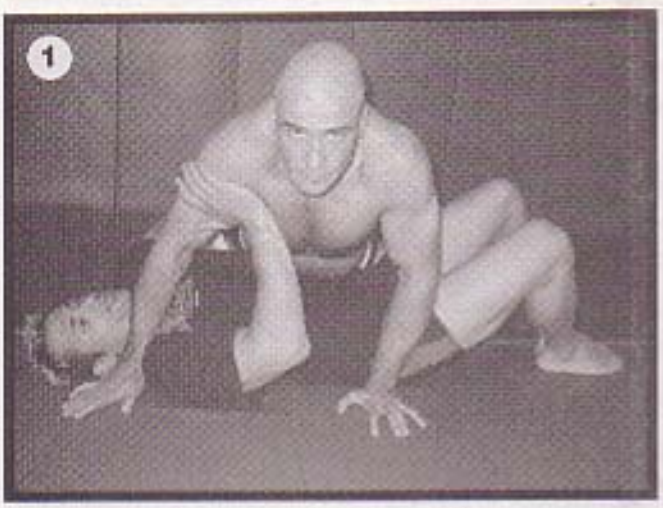

Knee Bar: Start in the side mount position.

Drop down and put your left arm behind his left leg.

Place your right arm behind his neck and pull his left leg forward.

Post your right fist in front of his shoulder, neck cranking him.

Step up on your left foot.

Then step up on your right foot.

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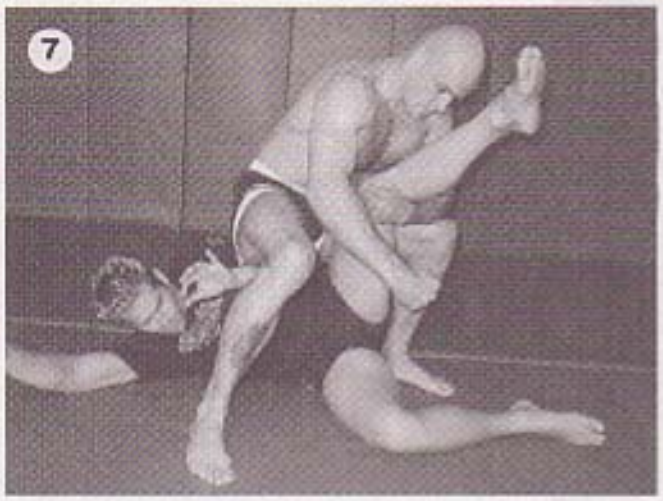

Step over him with your right foot, while holding his leg. Stay very low.

Fall back to the left side. All these moves are to be done with a great speed.

Bring your right leg over for more leverage and control.

Squeeze your legs, pulling his foot back and bridge to finish the knee bar.

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Toe Hold: Start with the opponent in your side mount position.

Go for the neck crank by posting your right fist in front of his shoulder.

Bring your left arm under his left leg.

Secure the left leg with your left hand open like this.

Now push your hand to the ground. Notice I keep his left arm up.

Move your right foot forward as you prepare to step.

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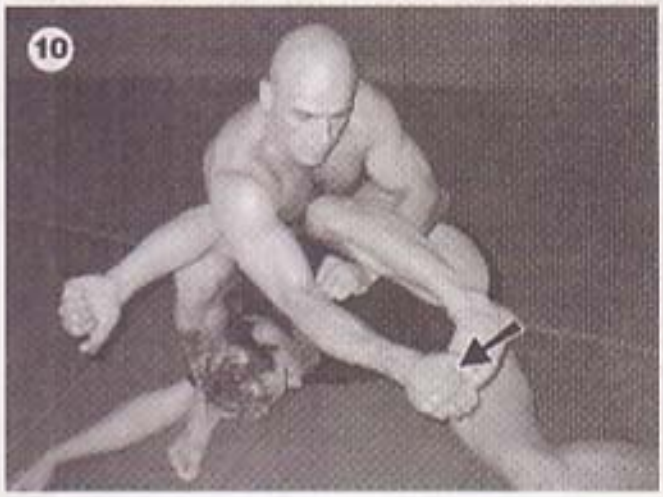
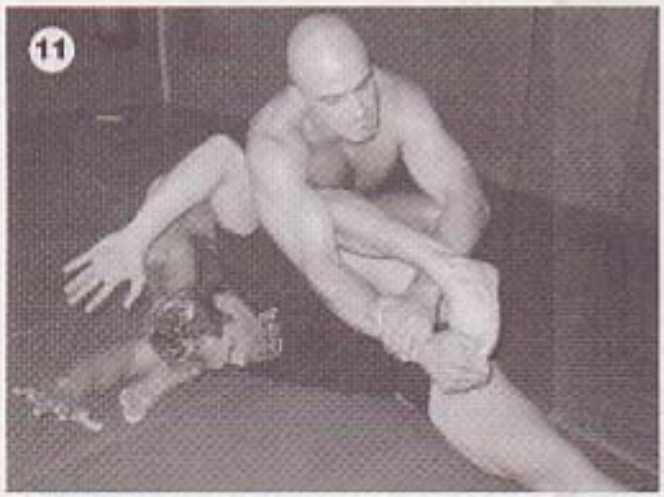
Step under his armpit.

Take your right arm out holding his leg up with your left forearm.

Grab the toes of his left foot with your right hand.



Pull his toes down and catch your right wrist with your left hand.



Finish by twisting your body to the right as you push his toes to the left.

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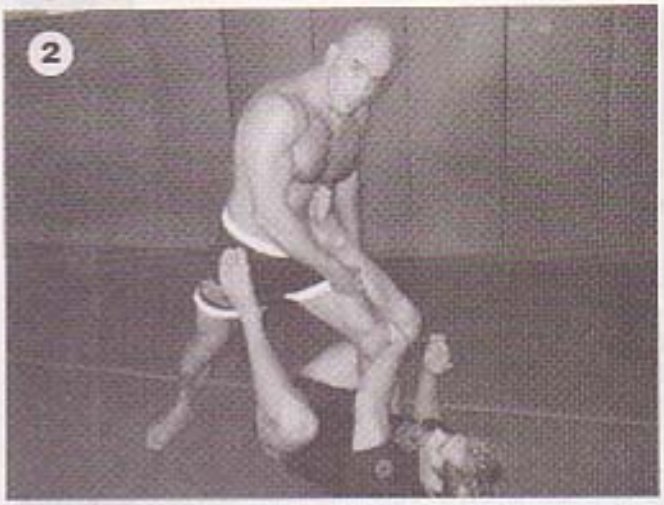
Ankle Lock: If he tries a leg lock from this position, here is what to do.



First you must push your weight on your left leg.

If you don't he will pull your knee to the side giving him your leg.

So to defend against this pay attention.

Press your heel on the floor with your whole body weight.

Now counter by grabbing his right foot.

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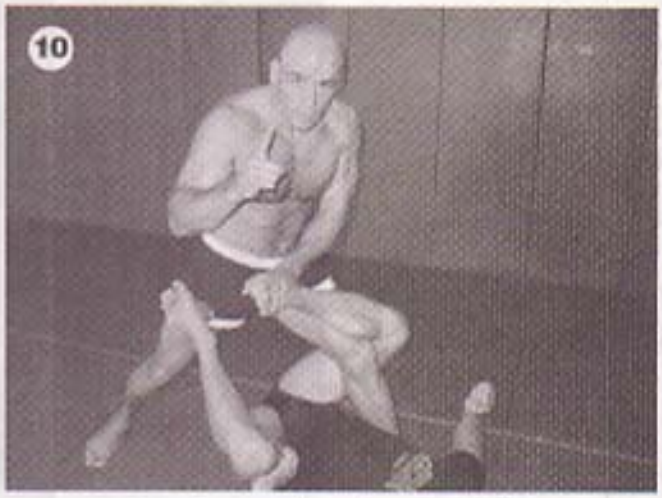
As you push his right foot down slide your left hand under.

Brace your left wrist on your right arm and push his toes down.

As you push the toes down, bring your right forearm up until he taps out.



Another option to consider.

Push his toes down with his right leg over your left knee.

Bend down with your upper body so his foot comes under you.

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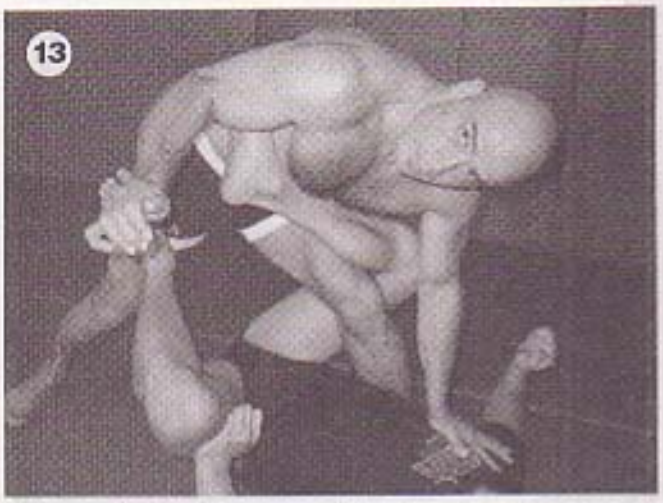

For control, keep your left hand on his chest and push his knee out with your right elbow.

Secure his foot by pushing his heel up with your right wrist.

Grip your hands and pull up to execute the heel hook submission hold.

Training Notes

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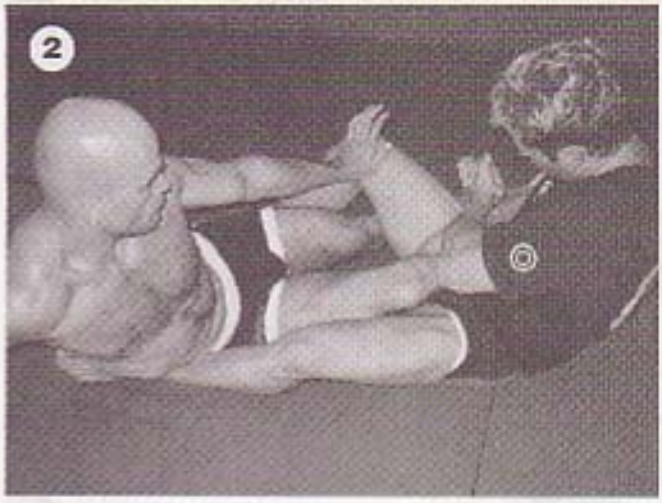
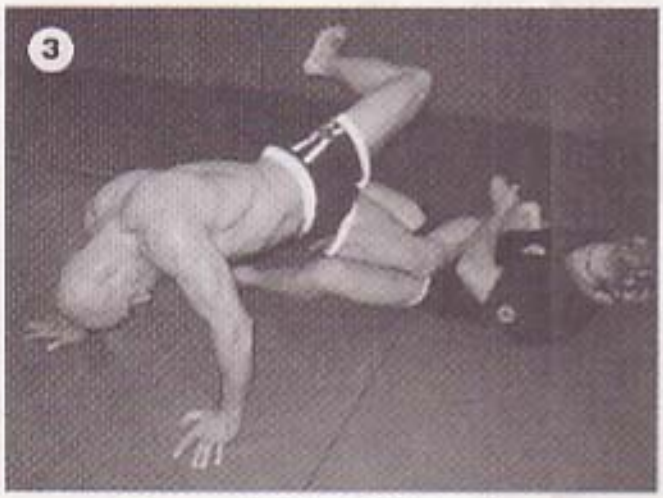
Escape The Inverted Heel Hook:
If he goes for the inverted heel do this...

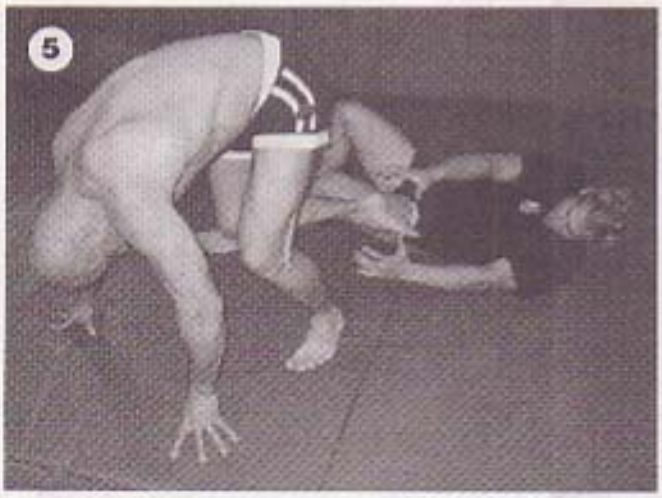


Immediately push his left knee out with your left hand.



Turn out to the right posting with your left hand on the floor.

Now pull your left foot forward.



Push off your left foot and pull out, breaking his grip.

Turn to face your opponent ready to strike.

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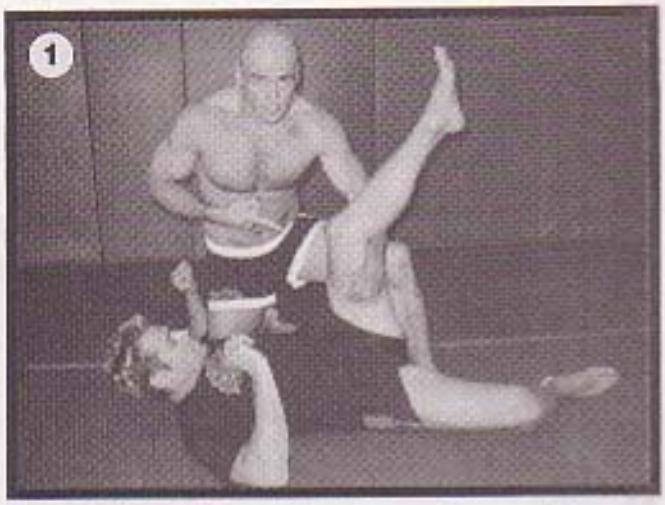


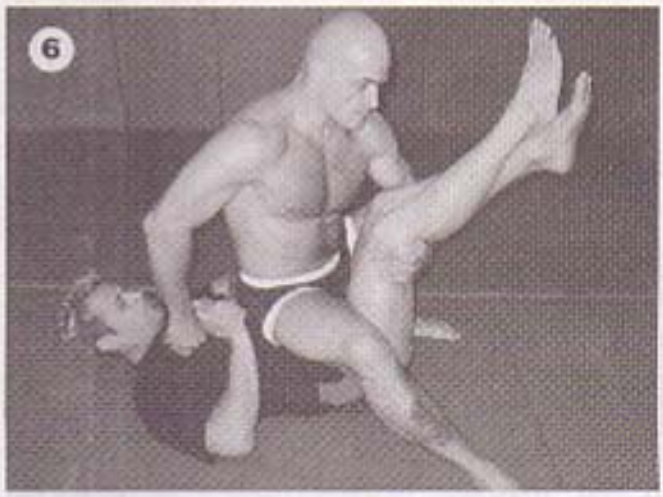
Knee Bar: You are on top and you want to execute a knee bar.

But he is smart and puts his legs together to defend.

Like this.

Don't Worry, still go for the knee bar, hold both legs with your left hand.

Place your right hand on his chest for control and step over with your right leg.



Sit on his belly.

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Fall back on your left side, wrap your legs around him while holding both of his legs.

Take one leg, the right, and knee bar for the submission.

Or you can take the left leg.

Apply the knee bar to the left leg until he taps.

You can also do this technique.

Execute a toehold for the submission.

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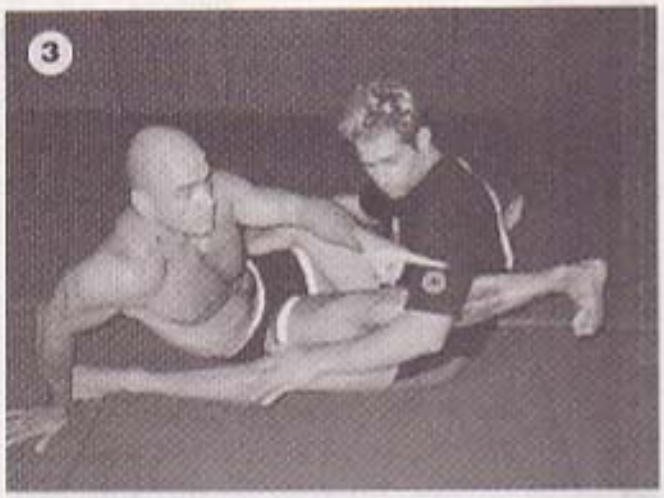
Escape The Heel Hook And Leg Lock:
Start in the common position.

If he attempts a heel hook on your right foot...



...simply straighten your right leg while pointing your toes right.

That's it. He can no longer grab your foot and you are free.

Now if he tries for the Achilles hold...

...grab his left elbow and simply stretch your leg.

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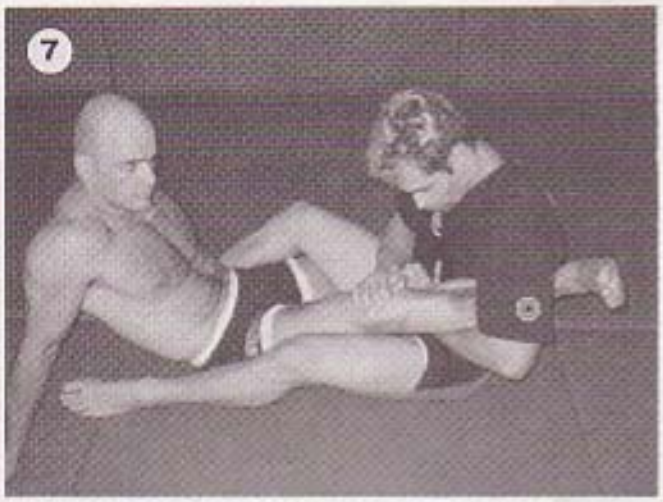

If he tries it on your calf, don't worry, it won't hurt.

To get out, push his right knee out with your left hand.

Pull your left leg out.

Then simply push yourself up using your right foot as leverage.

Pull yourself up on top of him.

You are now in the mount position ready to strike.

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Heel Hook Escape: In this position both his feet are on your right side.

Bring your left heel up.

With your left foot, push hard on your own right heel.

Bridge and bring his right leg up.

With your left hand, push his right leg to the left.

Keep holding the leg and pull your left leg up. Go fast now.

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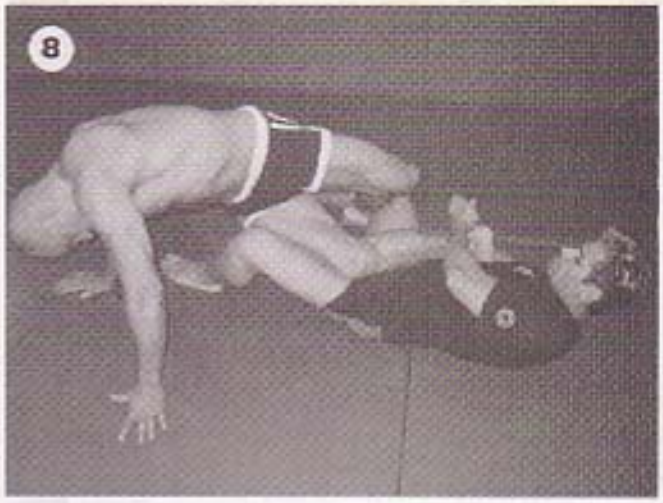
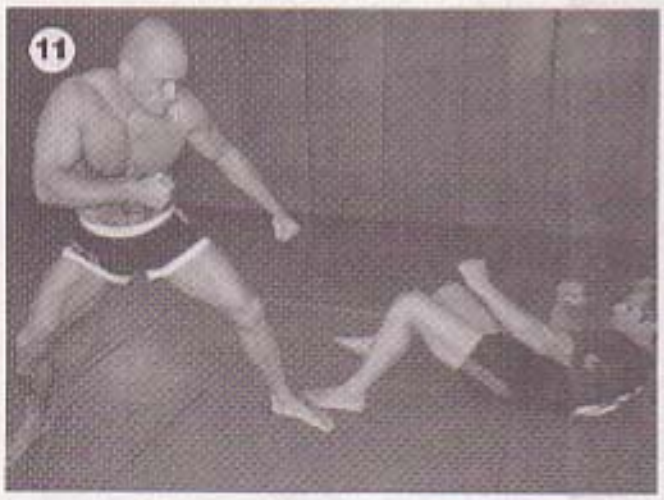
Your left leg should be inside his right leg like this.



Turn out right, placing your right hand on the floor.

Pull your right leg out from his hold.

Keep pulling until your leg is completely free.



Immediately go to the fighting stance, ready to strike.

Training Notes

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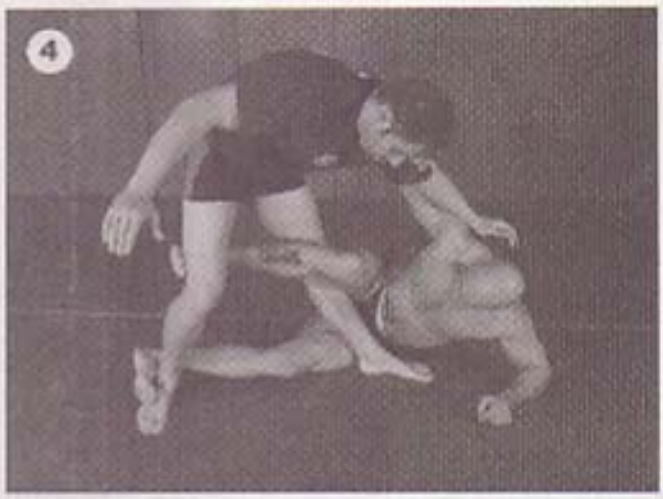
Knee Bar From A Clinch:
You have your opponent in a clinch.

Put your right leg up between his legs.

Post your left hand
on the floor and jump up.



With your right leg low behind his ankles,
push him right with your left leg.

Drop him back to the floor.

Put his toes in your neck. "Steer" his foot
by grabbing his ankle and finish.

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Heel Hook: Never protect a leg lock like he is doing.

This is bad because his foot is now an easy target.

With your left hand, grab his left knee, pulling it in.

Pulling the knee causes his heel to come up.

With his right foot here, catch it with your right arm under his heel. He can't roll out.

Finish him by securing his toes under your biceps and pulling his heel up.

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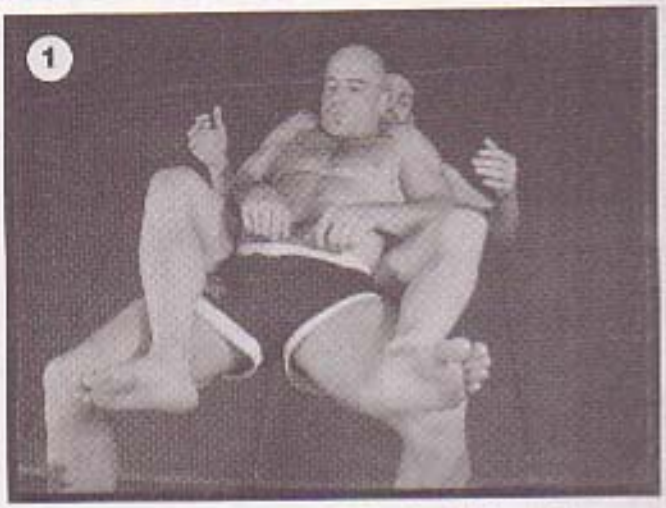
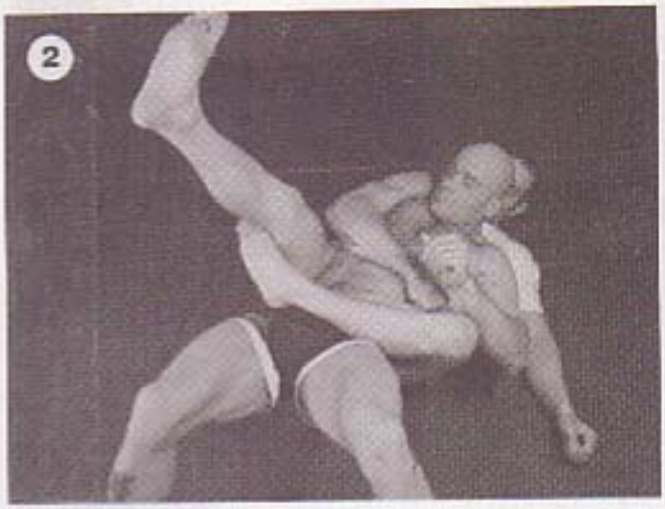
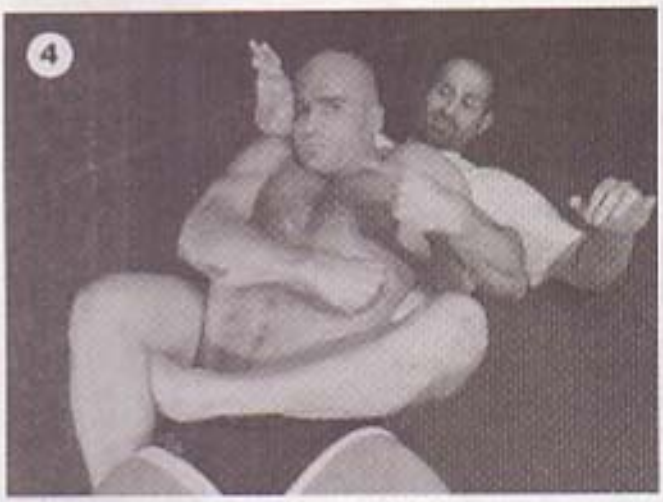


Bas' Counter To Body Triangle:
This is my proud invention.

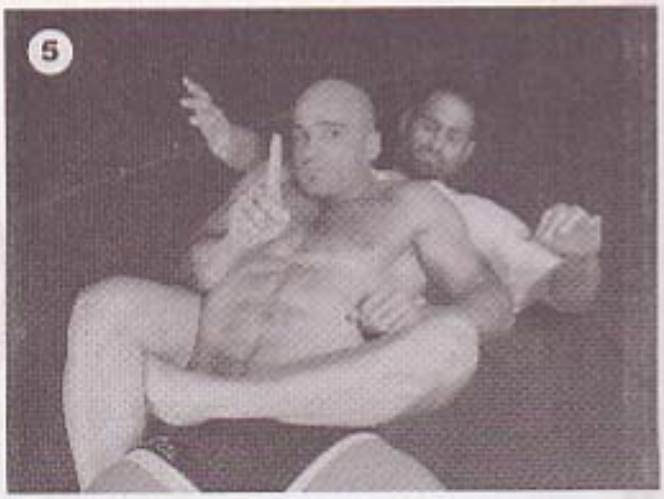


He applies a body triangle by placing his left leg on your midsection.

He brings his right leg over his left foot to complete the triangle lock.



As he tries to choke you, bring your shoulders up to defend.



Now watch his right leg position.

If his right leg is outside you can counter the triangle.

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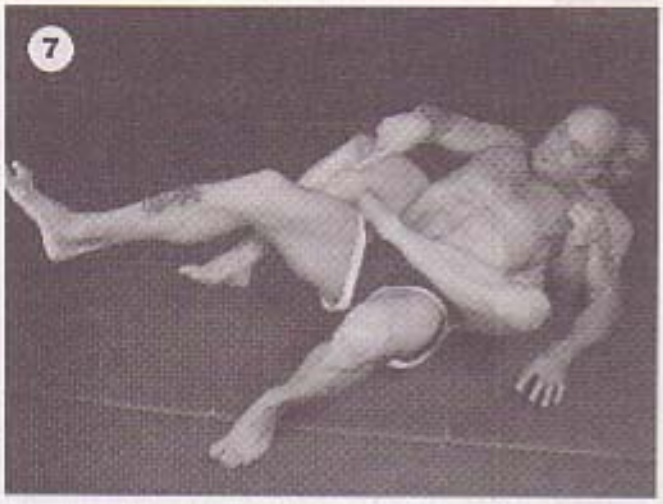
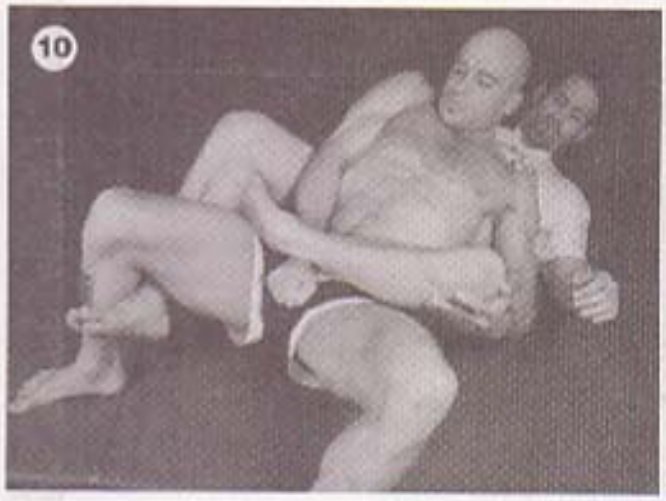


Bring your right leg up and over his right foot for control.

Open you right hand and slide it under his left leg.

Breath in deep to create more space for sliding your hand in.



When your hand is in, make a fist with his ankle on your wrist bone...

Grab your right hand with your left hand, ready to twist.

Finish by pushing your belly out and twisting your hands to the left.

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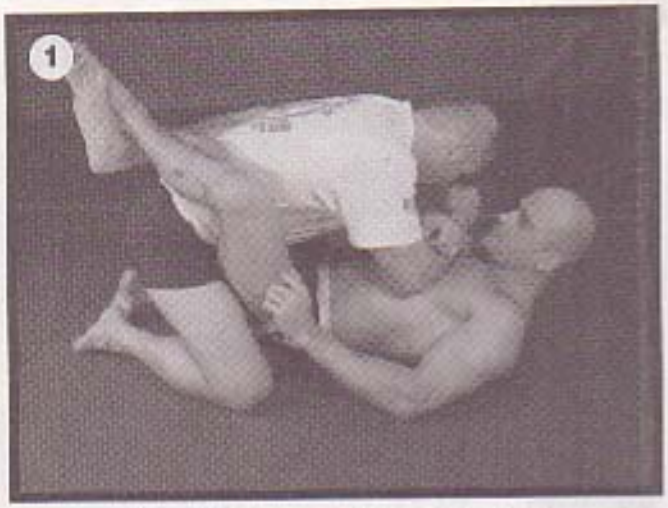
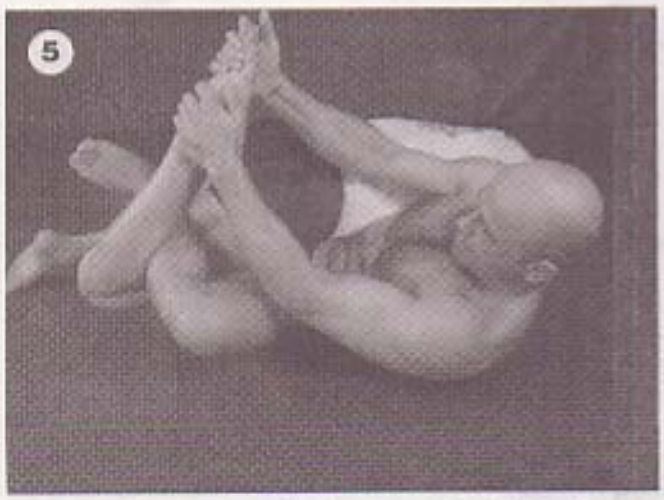


Leg Scissors, Foot Lock:
Begin with him in your guard position.

With your left hand push his right arm to the right.

Drop your feet between his legs and bridge.

Push him to the right, hooking under his right leg with your left foot.



Quickly grab his foot and pull back for a leg scissors finish.

You can also submit him with a foot lock.

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Leg Lock Escape:
You find yourself in this position.

As he goes for a right leg lock don't worry.

Just continue turning with the lock and he cannot hold on.

Escape and stand up ready to do battle.

Training Notes

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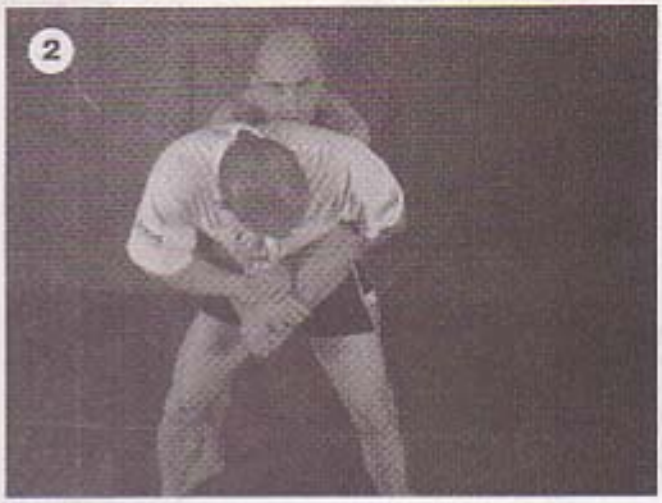
Arm Bar Escape to Knee Bar:
You have him in a rear bear hug position.



He tries for an arm bar to your left arm.

It is very important to stretch your right arm, putting all your weight on it.

Let your right hand go and place it between his legs.

Reach under, grabbing your right hand.

Now lift him up and over.

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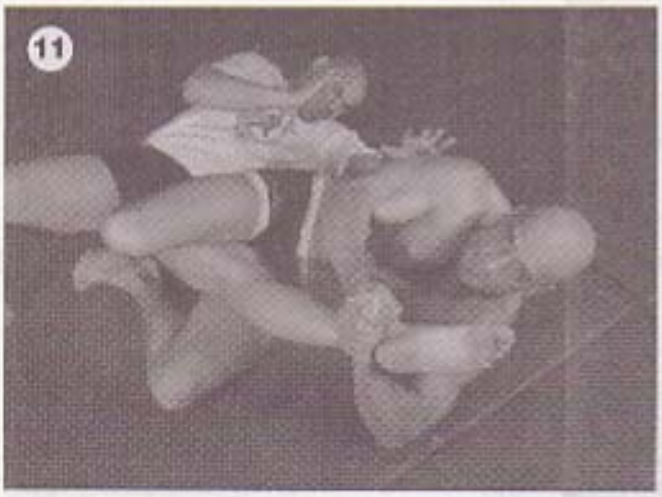
Throw him on his back and you are out.

If you wish to continue with a submission do this.

Grab his left leg.

Cross your legs and fall back.



Fall back with your legs crossed pull his leg in and bridge to finish the knee bar.

Training Notes

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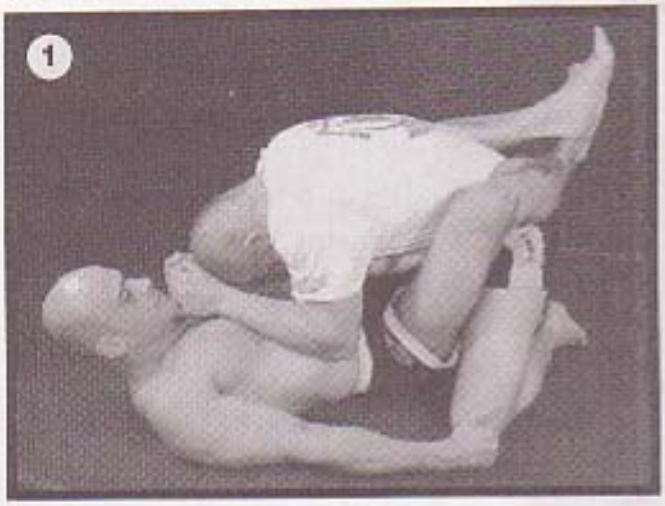
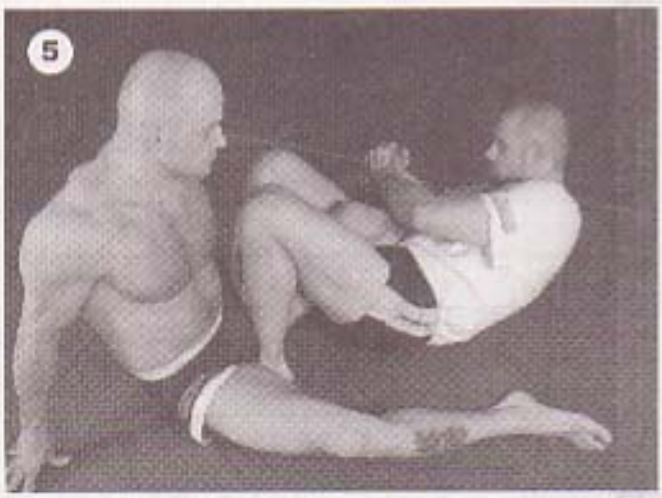


Escape the Leg Lock:
He is in your guard position.

He first pushes your left knee down in order to move forward.

Now he puts his left knee between your legs.

With his right arm he catches your left leg ready to fall back for the leg lock.



As he falls to apply the lock sit up.

Now if he's not very smart and forgets to control your right leg...

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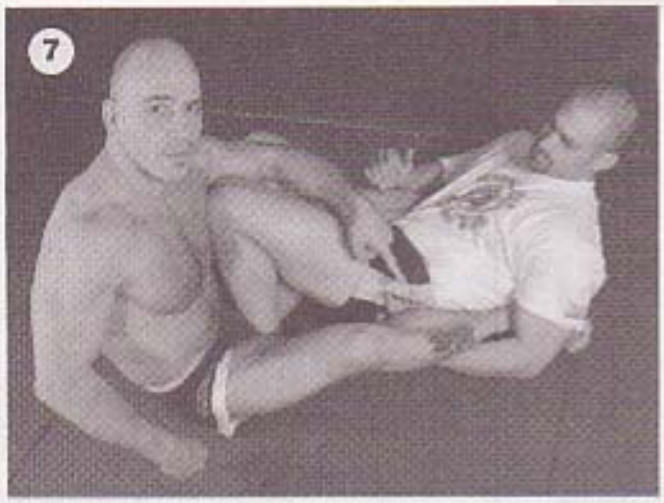
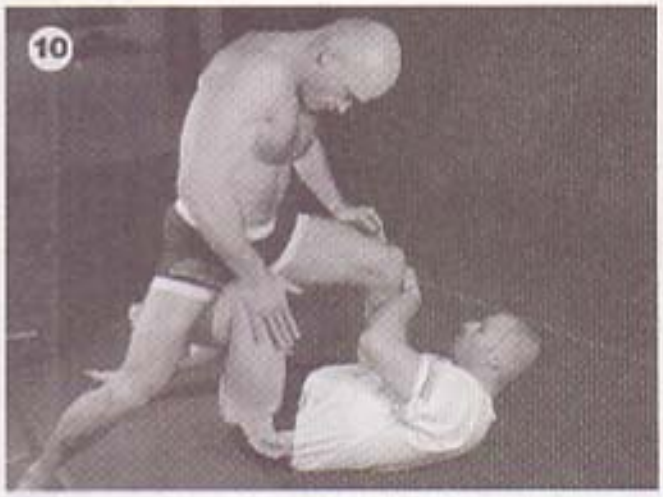


...Like this...

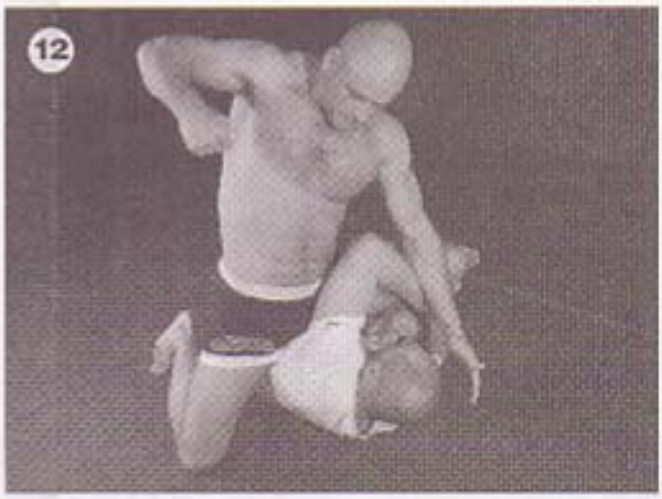
...you can easily escape his attempted leg lock.

Just put your right foot back like this.



Now simply get up while pushing on his left knee.

Push his left knee down and climb forward to the top position.



You are now in the mount position and ready to strike his head all day long.

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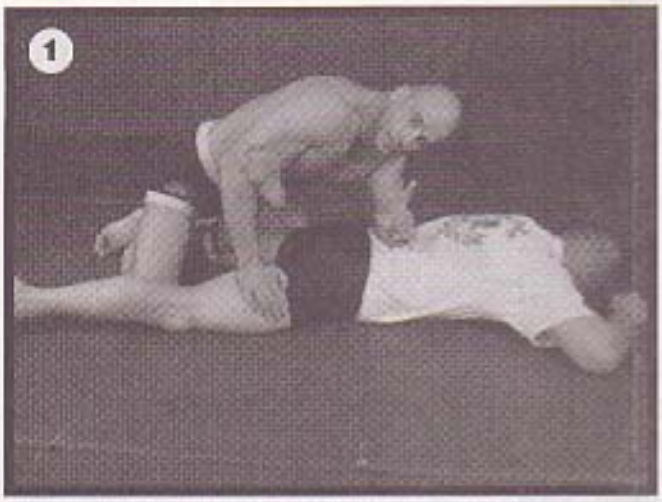
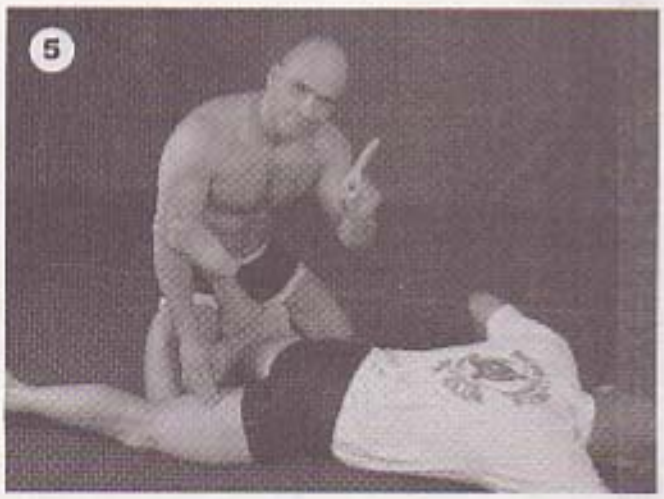


Leg Lock Mistake to Avoid:
Pay attention as we start in this position.

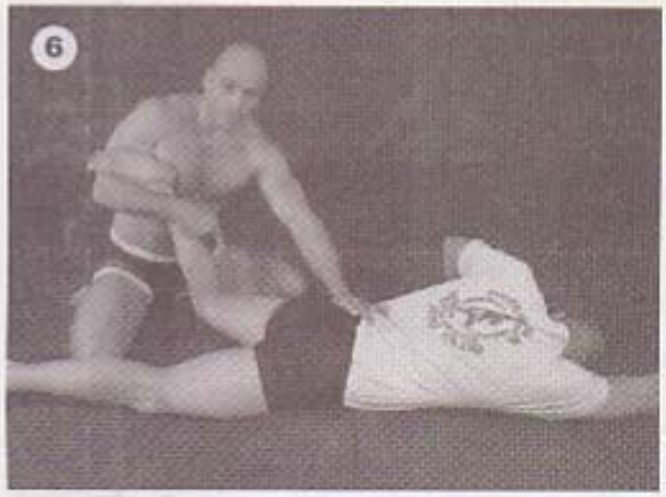
And then we try...

...to do this...

...leg lock.



You must keep his leg bent.



Never let him open his leg like this.

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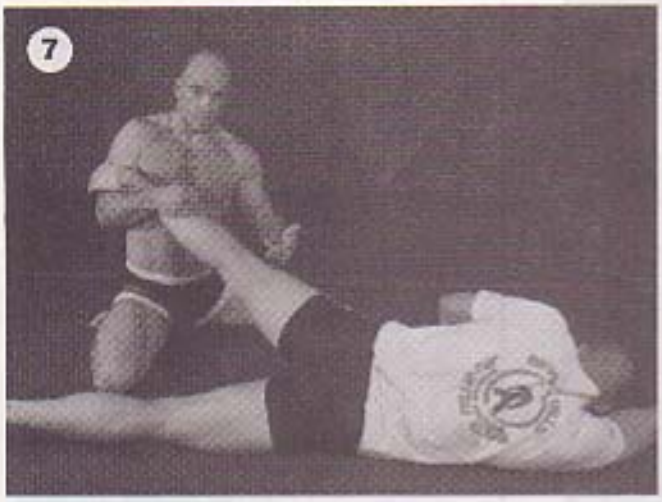
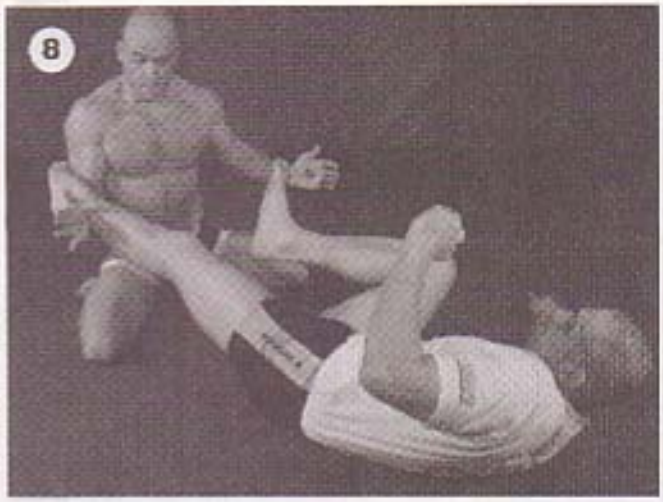


If he stretches his leg, there is nothing you can do.



He may even turn on his back...

...and kick you in the head.

Training Notes

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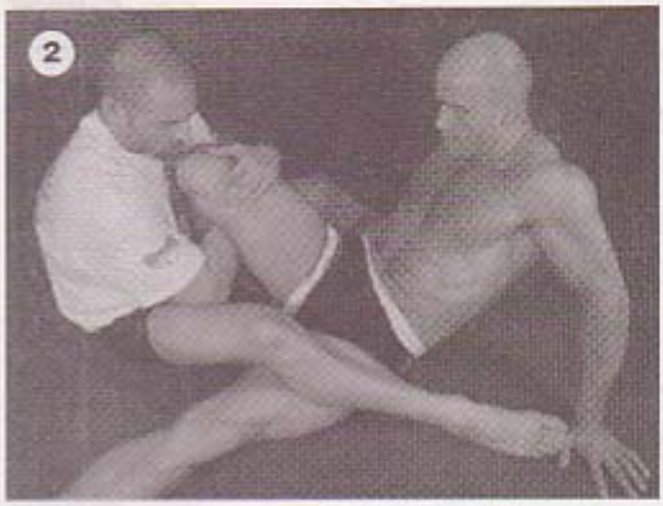
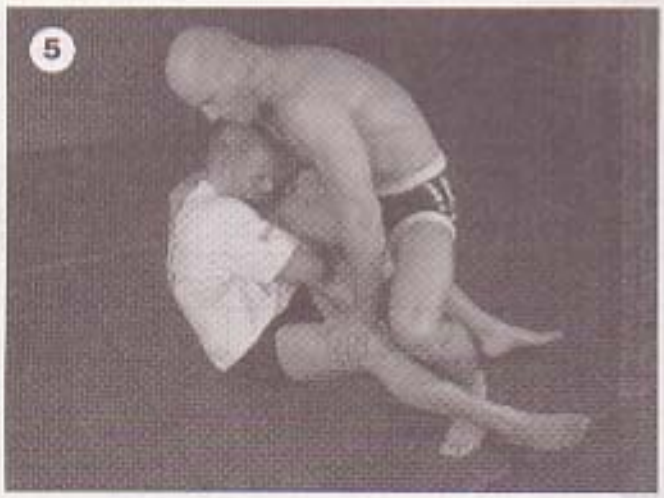
Escape The Leg Scissors:
He has your left leg in a scissors hold.



You can escape this hold pretty easy by doing the following.

First push his right leg with your left hand and pull your leg out.

Grab the back of his head with your left hand and pull yourself up.



As you come up, put your left hand on his right knee and push down to pass it.

When coming up, your right leg will break free as you go to the mount position.

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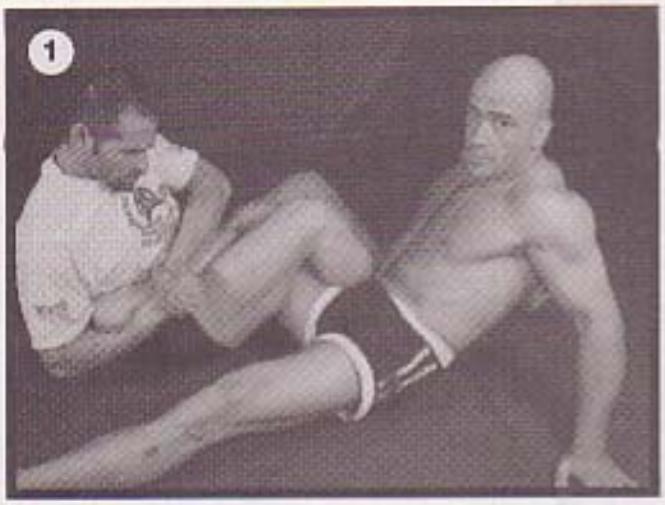


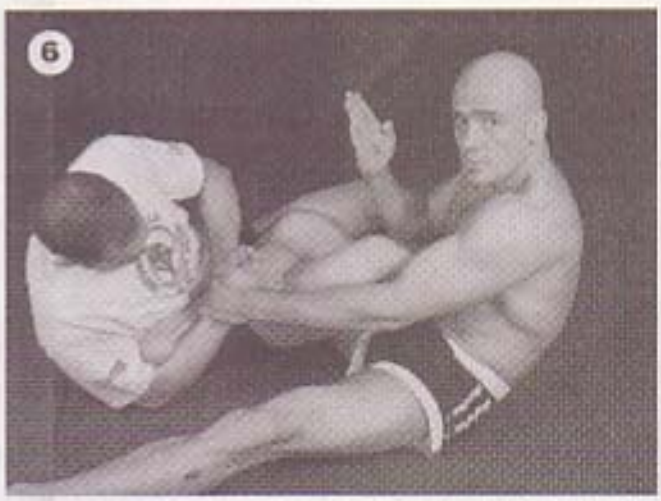
Escape the Heel Hook:
He applies a heel hook to your right foot.

Simply grab his hands and pull them off to escape.

Using your right leg for support pull back like this.

With the pressure off your foot, release your right hand to punch.

Strike his face to finish your escape.



Another technique is to open your right hand like this.

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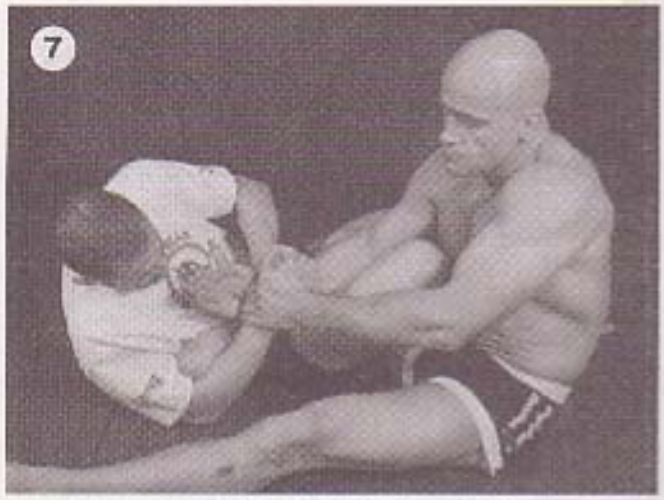
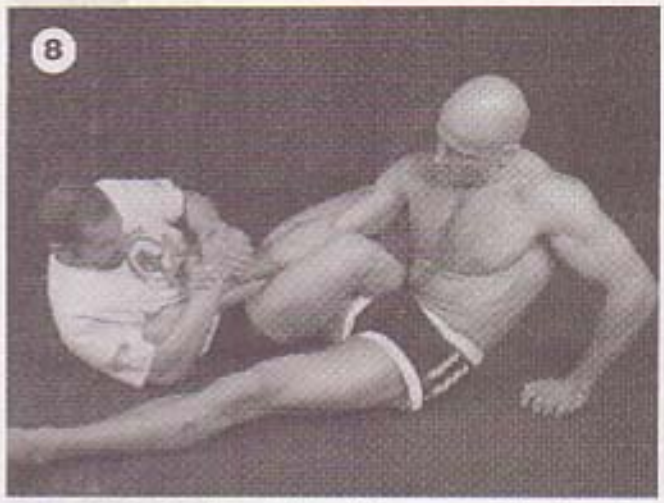
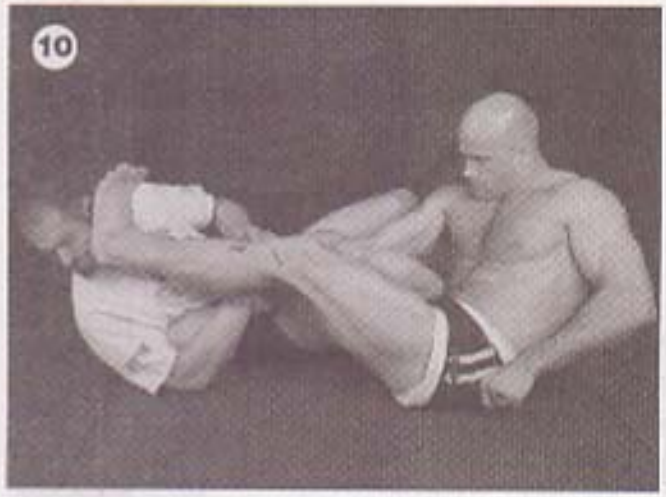


Slide your right hand under his arms.

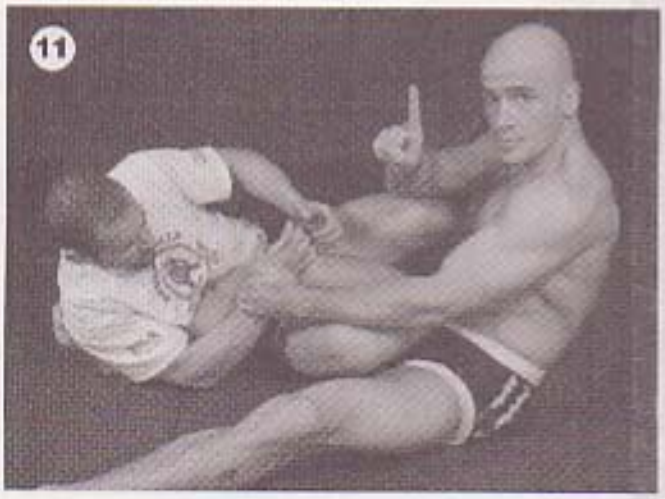


Grab his right wrist with your right hand.

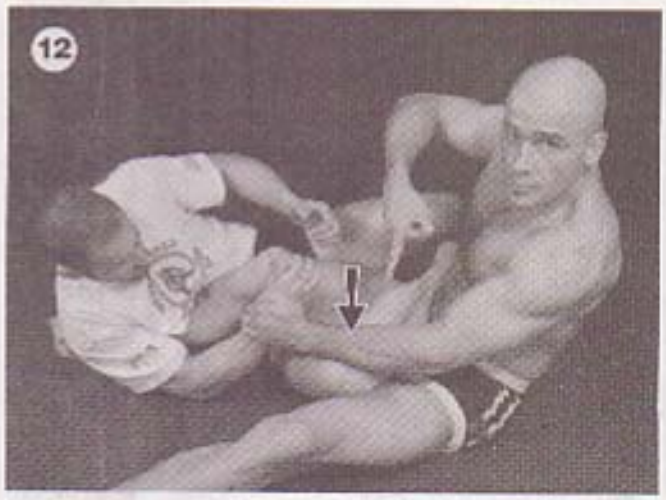
Bring your left leg up.



With your left leg kick him in the head.



Now you can turn the tables on him.



Look at his right leg. It is in perfect position for a right foot heel hook.

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As you continue to hold his right hand, bring your right arm under his right heel.

From here, drop back and execute a heel hook for the finish.

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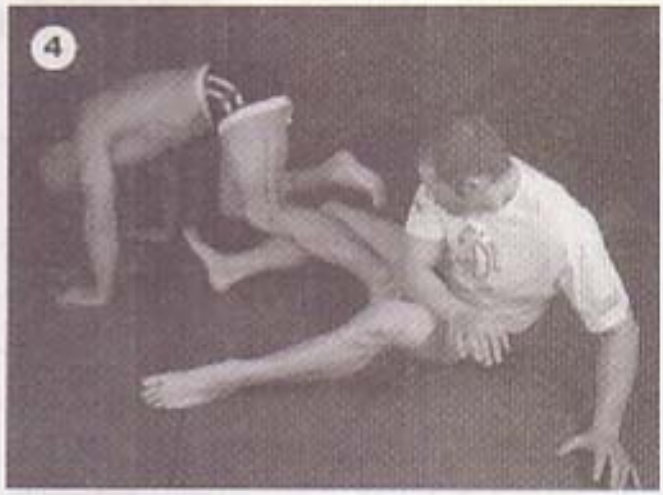
Escape The Toe Hold: Start position.

Your opponent goes for a right foot toehold.

To escape, post your left hand on the floor and turn out to the left.



Pull your right foot free as you continue to turn out.

Quickly turn around to face your opponent.

Move in and climb on top to take control in the side mount position.

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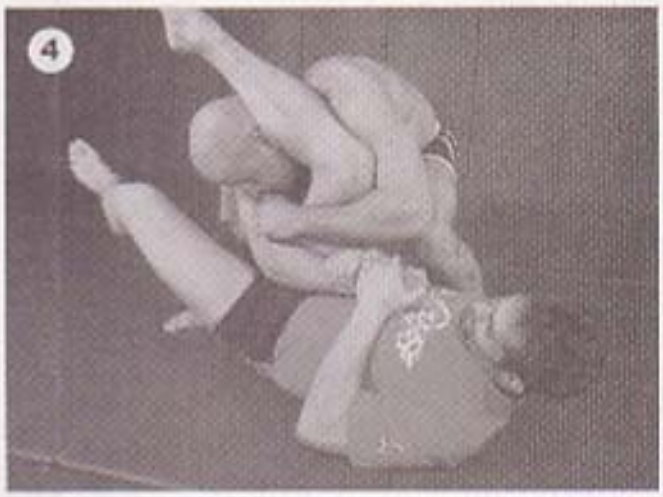
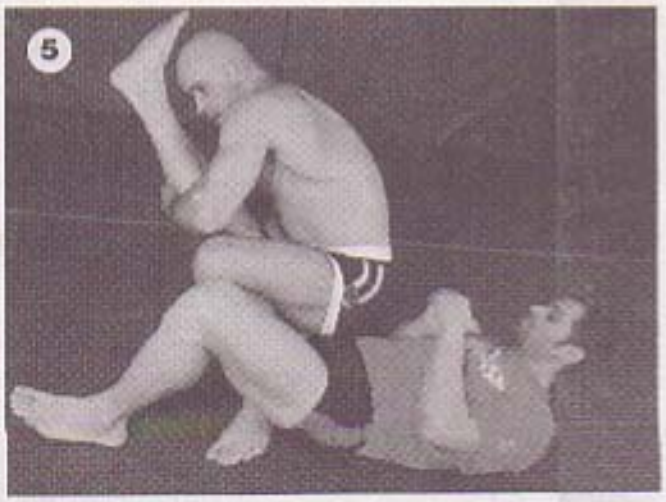
Knee Bar: I will now show how to pass his guard to knee bar.

First put your left arm between his legs.

At this point he will go for a triangle choke.



Keep moving left under his right leg to escape the triangle.



Pass under his right leg, stepping over him with your left foot.

Drop to your right side, secure his toes to your neck, bridge, pull his foot in to finish.

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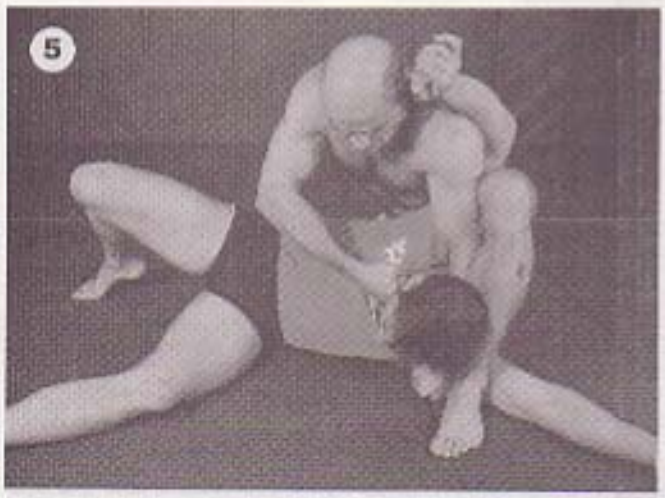
Toe Hold And Knee Bar:
Start in the side mount position.

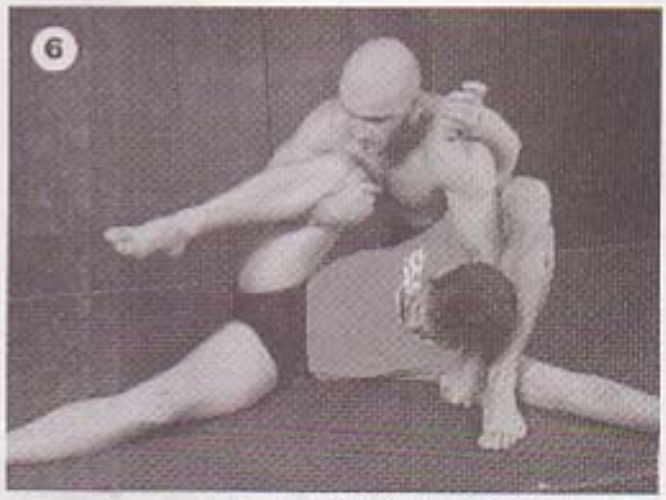
Put your left arm behind his neck and post your fist in front of his shoulder.

Follow by stepping in front with your left foot.

You now have complete control over him to strike.



Strike his face.



Catch his right leg.

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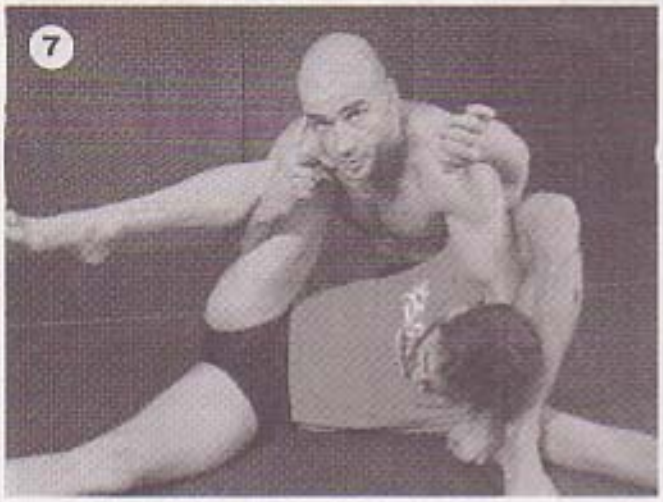
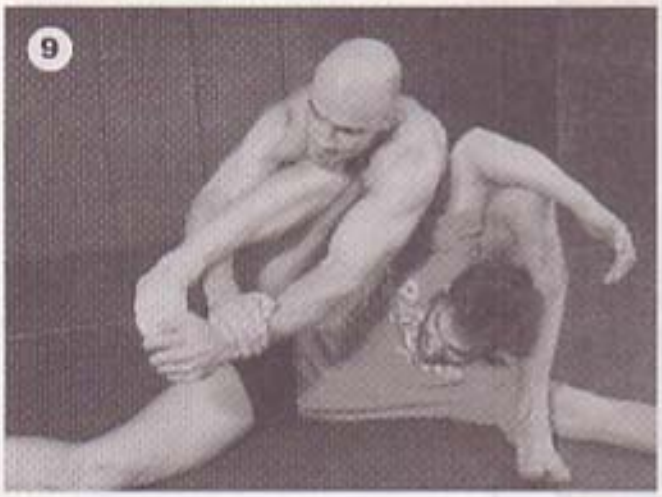
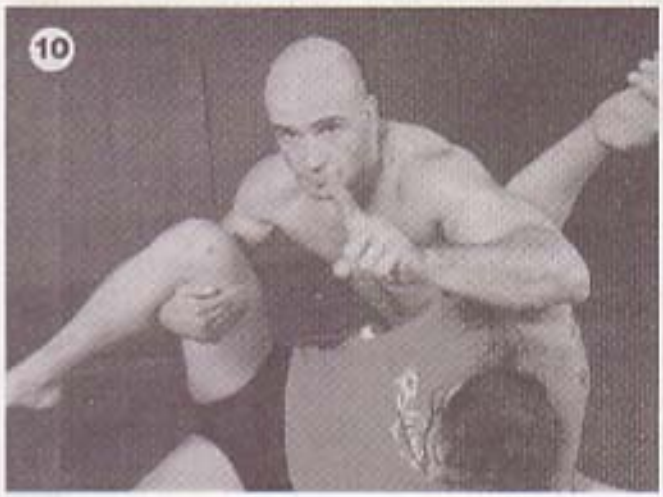


Now see yourself doing the toehold before you do it.

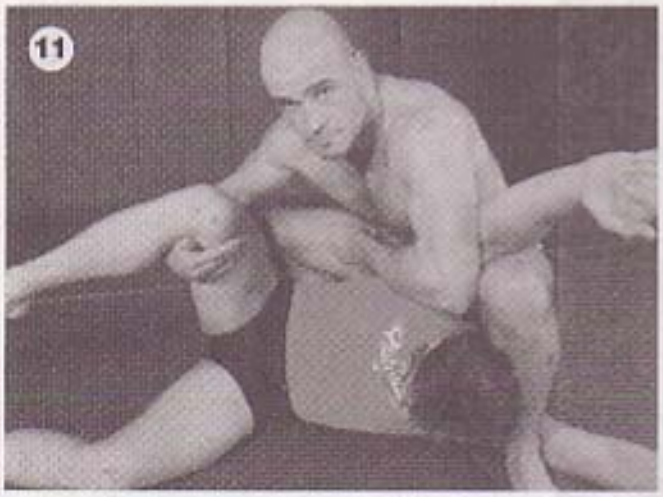
Grab his toes with your left hand, pulling them down.



With your right hand, grab your left wrist and twist your upper body left to finish.



Or you can go for a knee bar.



Simply step up on your right foot. Step in between his legs with your left foot.

Drop back, crossing your legs and finish with a knee bar submission.

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Knee Bar: We start in the opponent's guard position.

From here we want to trick him.

Put your right arm on his belly so he attempts to arm bar it.

As he goes for the arm bar move under his left leg.

Passing under his left leg pull your arm out.

Grab his left leg pulling your right arm out.

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Step on your feet but stay low.

Step with your right foot between his legs holding his left leg tight.

Drop back with his arm between your legs and finish.

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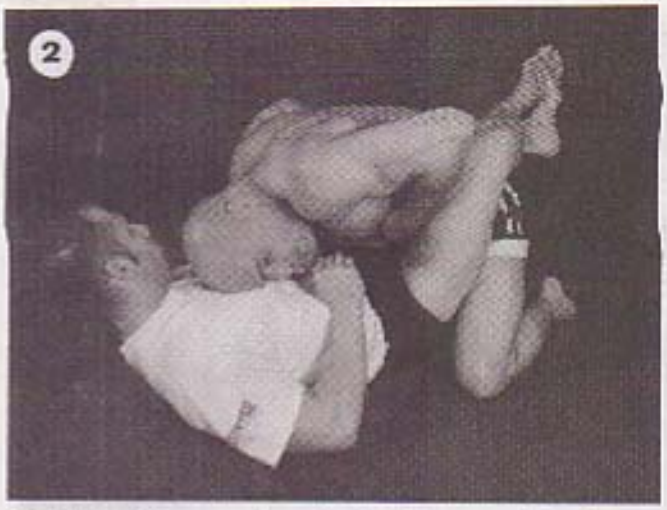
Knee Bar: The technique begins with you in his guard position.

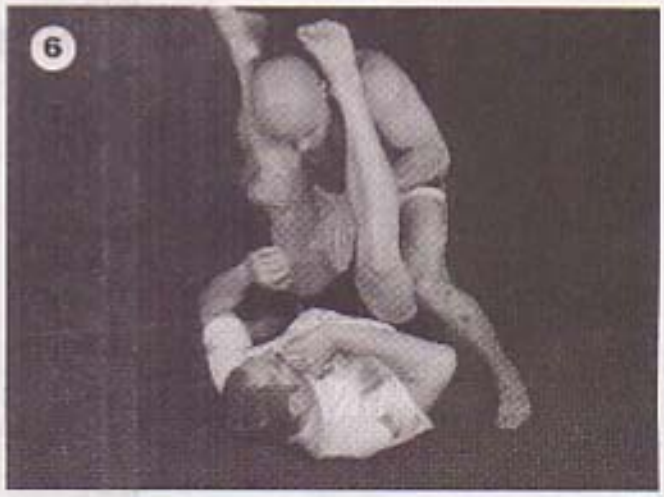


Slide both your hands in between his legs.

If needed sit up to push your arms down.

Grab both legs.

From here secure his legs on your shoulders and come up.



Begin to push his right leg down to the side.

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Bring his right leg low to create space.

Keep hold of his left leg as you step over with your left leg.

Watch how I keep the toes of his left foot secured to my neck.

Drop down with his leg between yours, pull back and bridge to finish.

This is the proper technique for securing his foot to your neck.

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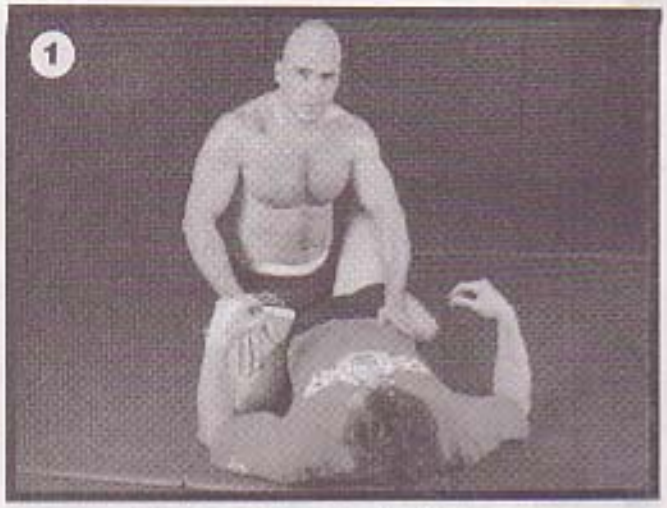
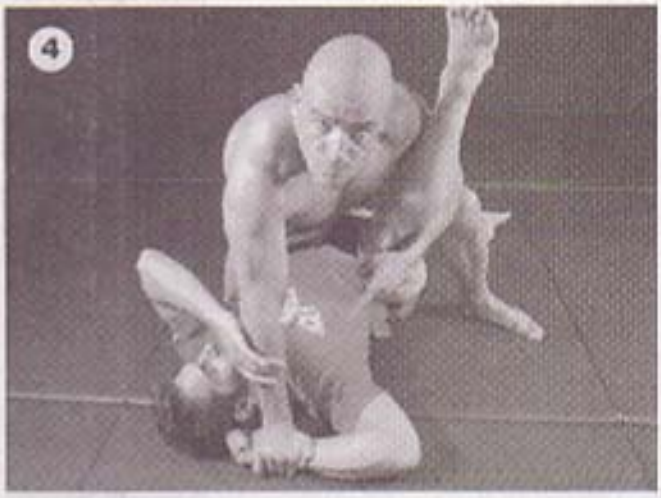


Knee Bar: We start in our opponent's half guard position.

With your right hand grab his right wrist.

Now be tricky by faking an arm lock to his right arm.



Keep your weight on his arm as you catch his left leg with your left arm.

Step over with your right leg, leaning on your right hand.

Drop to your right side and knee bar for the submission.

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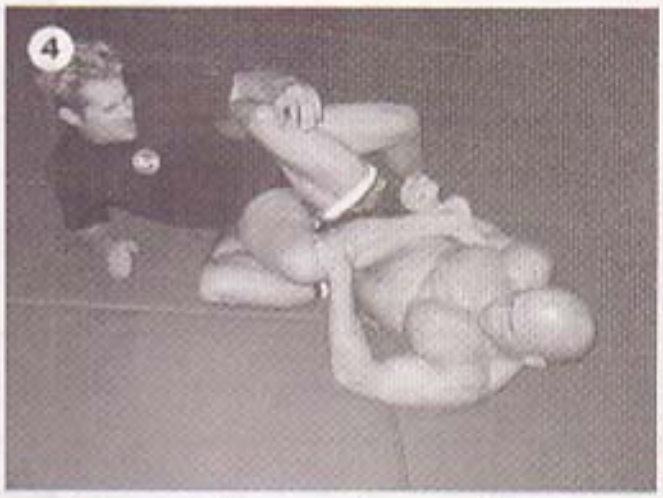
Heel Hook: Your opponent has you in the knee on belly position.

Post both hands on his hips and push.

Hold his leg as he falls and go for his left foot with your right arm.



Secure his toes under your biceps hooking his heel with your right arm.

Grip your hands together and squeeze your legs so he can't turn out.

Pull the heel back for the finish and submission.

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Chapter 4

Reversals and Escapes

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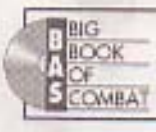
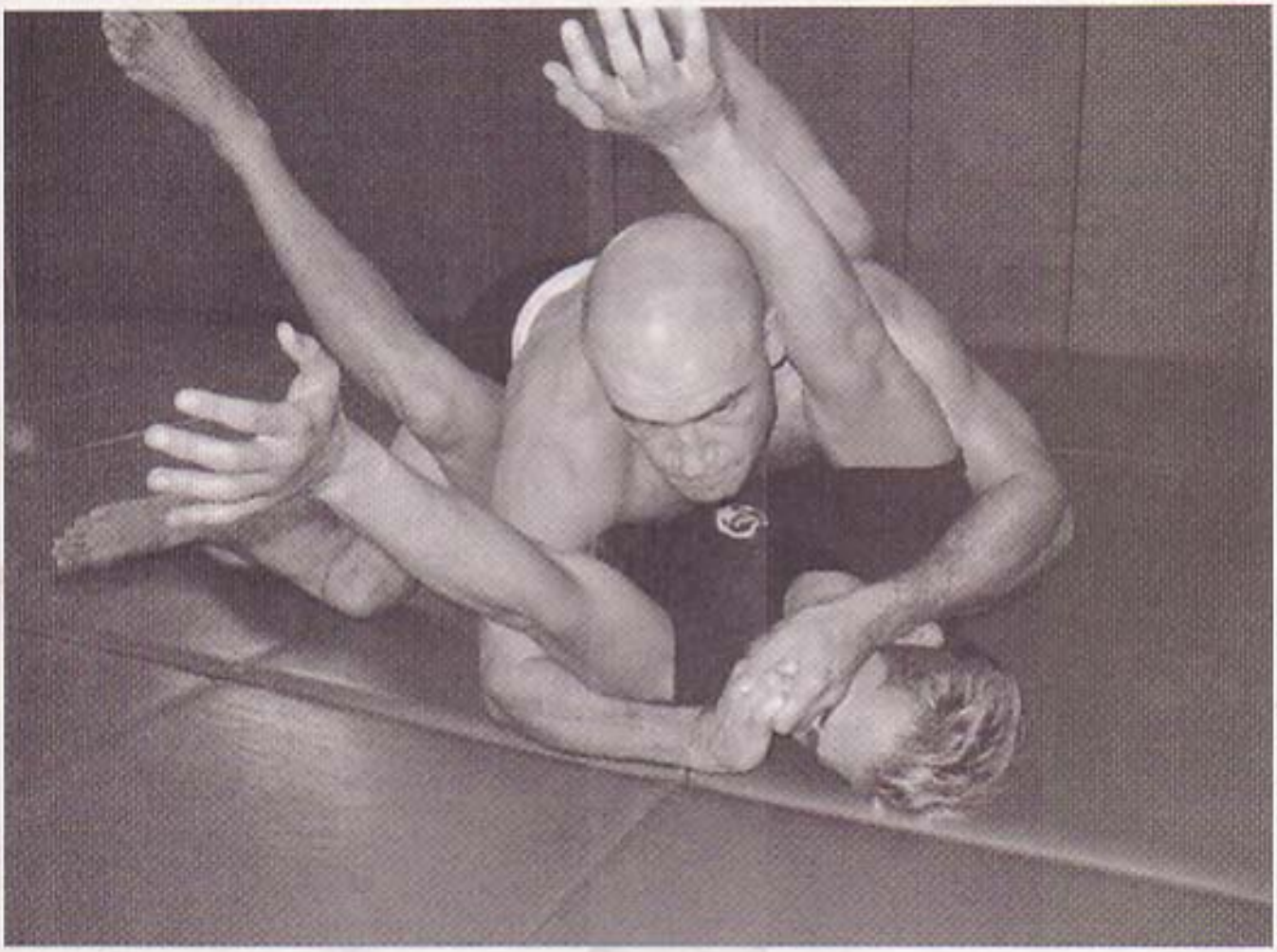


Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.



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Reversals and Escapes

This is the most important of all chapters, that's what I think. Master the art of escape and reversal; make these techniques second nature! I really like to start on the bottom. I don't care in what position, and then escape that situation. I make it a game, I give people the mount or the side mount and then I try to escape.

A very important note here, your partner has to go for submissions and move around. If he just lays on you and tries just to control you, it will be very difficult to escape. It's like playing chess, if your opponent doesn't make a move, you can't make a move.

Reversals have to be done in one move, quickly! I always picture the end result of the escape, and then I go for it. This by the way, I do with many submissions and striking attacks too.
Example: if somebody is on top of you in the mounted position and he puts one of his arms around your neck, in your mind you know you can roll him over. To do this you need to trap the arm that he has around your neck, and then lock up his foot that is on the same side. Then you roll him to that side onto his back because he will have nothing there that can stop him from rolling (you are holding his arm and have his foot locked up). But if you do this the wrong way and telegraph the move, he will counter your reversal and continue maintaining his position. Now, if you start holding his arm, he knows that you are going to do something. So, picture in your mind the holding of his arm and locking up his foot as ONE MOVE. Then, without warning, in ONE swift simultaneous explosion, do it and turn him over.

It's like submissions, if you grab his wrist, he knows that you are probably going to do something with that arm. So picture yourself first making the whole technique, and then do it in one move. I will explain this in more detail in the book. But I just wanted to give you the heads up on this theory because it is simple but crucial.

Wait for somebody to make a mistake and use that mistake to reverse him. Create distractions to set up a move he doesn't anticipate. Be unpredictable. Be unorthodox. Knowing a large variety of escapes can only help you too. If one doesn't work, try another. Keep your opponent guessing.

Again, give a lot of attention to this chapter.
And have fun with it!

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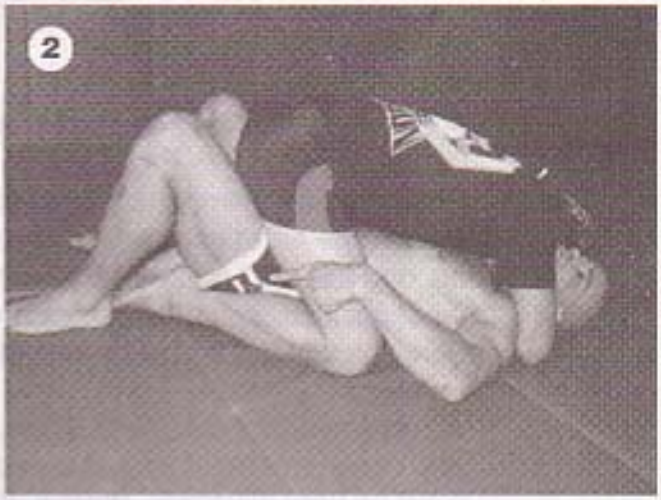
We begin with your opponent on top and his right arm around your neck.



Notice he has his heel hooks in tightly under your legs. Now watch my foot.

Bring your left foot in tight to his right ankle like this.

With your foot in this position, he can't post his foot out when you turn him.

Now bring your left arm back, to grab your head.

By grabbing your head you are preventing him from posting his right hand out.

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Bring your right foot close to your butt so you can bridge higher.

At this point, bridge high, rolling him to the right.

Turn your opponent over, posting your hands out to prevent him from rolling you.

If he holds you tight like this...

...you want to break that hold.

Open your left hand to cross face your opponent.

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Cross face him with your left hand like this.

Grab your left hand, pushing his jaw to the ground as you lift your upper body upward.

As you can see, this will break his hold.

With your hand on his face, sit up to create distance for executing strikes to his head.

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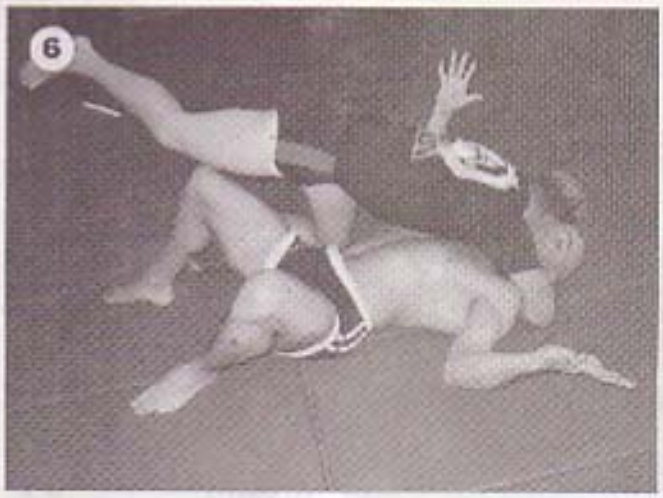
If in this position and you need your right leg to bridge with...

...bring your left leg over his right leg before pulling out your right leg to bridge.

By securing his right leg you keep the control.

If you don't secure his right leg this way...

...he then has an opening...



...and can easily lift his leg out to escape or change position.

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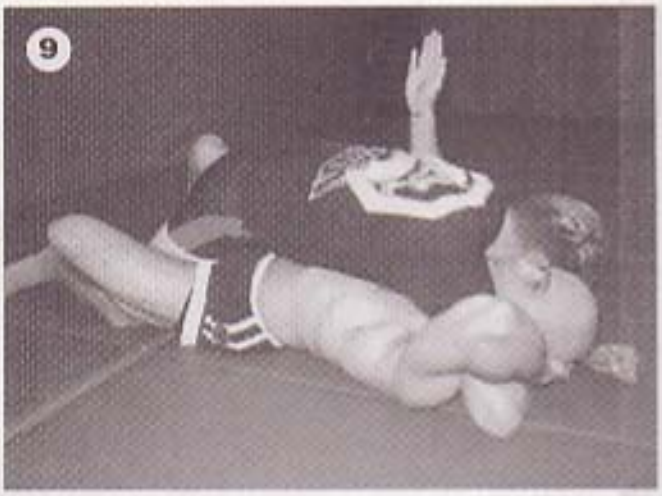
Now with a little luck...

...he brings his right arm around your neck on the same side you have his leg.



With your left hand, grab the back of your head to prevent him from posting.

Bridge up high on your right leg, turning your body to the left.

Roll him over to the left...

...landing on top. Post your hands out to stabilize your mount position.

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Start with your opponent on top and his left arm around your neck.

Immediately grab his left wrist.

From this position, you bridge up on your left foot.

Keep ahold of his wrist and push your right arm against his left leg.

Roll your opponent over, continuing to hold his wrist for control.

Land on top and post your hands to stabilize your mount position.

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This technique is for putting someone in your guard from their mount position.

To create space, turn your hips right with your left hand on his right thigh.

Push his leg back and slide your left leg up.

Your left leg hooks his right leg behind the knee.

Training Notes

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Skip your hip to the left.

Push his knee with your right arm and pull your right knee out...

...like this.

Now make a full guard.

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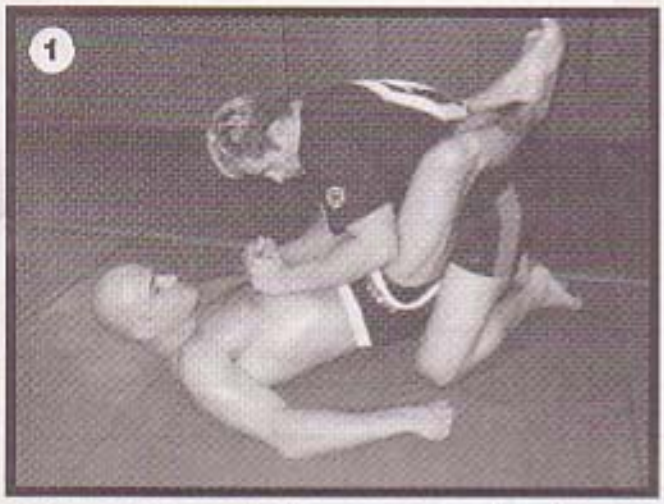
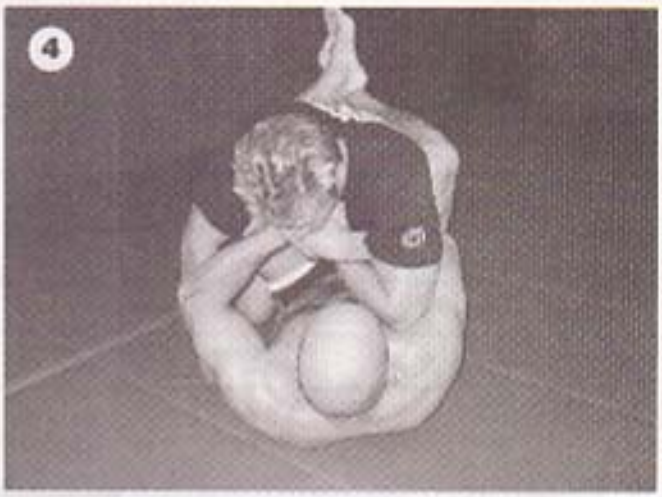


Your opponent is in your guard position.

With your left hand, grab his right wrist.

Push his right arm up.



Now slide your right arm over his right arm while grabbing your left wrist.

Open your guard.

Close your guard around his thighs, using your legs to pull him forward.

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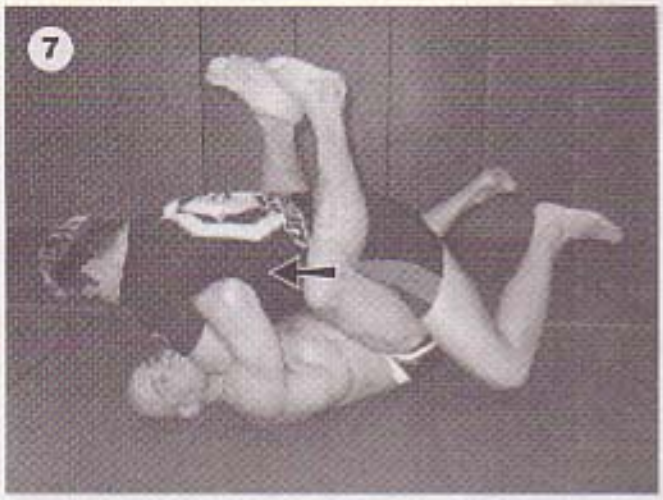
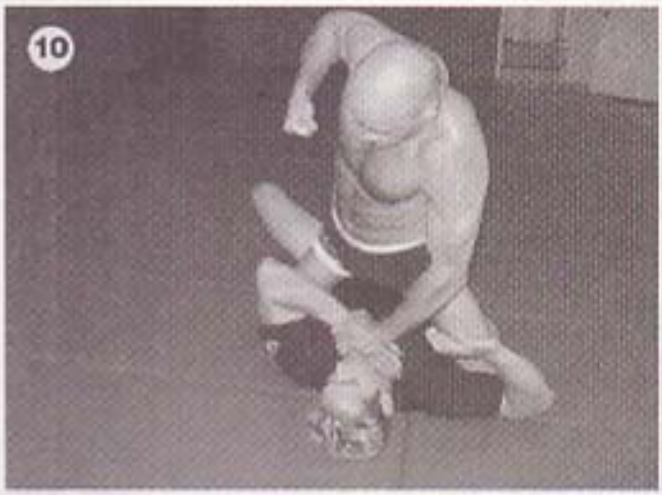


With him on top, you keep hold of his arm as you begin rolling to the right.

As you roll, keep control by holding his wrist and keeping him in your guard.

When you complete the roll you are in the mount position.



From this position you can easily strike the head and body.

Training Notes

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Your opponent is in your guard position.

First drop your right foot flat on the ground, holding his wrists with both hands.

Now turn left, pushing your right hip out.

Put your left knee flat on the ground.

Now your right knee is placed in his chest.

Keep your left leg where it is, and just stretch your right leg.

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Roll him to the left as he starts falling over your left leg.

Holding his hands, continue turning him over.

Roll on top to the mount position.

In the mount, you cross face him with your left hand and get ready to strike.

Training Notes

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We start with your opponent in your guard.

In one fast movement you open your guard, putting your right foot on the floor.

Now you turn to the left and with your right arm...

...you go around his right arm, like this.

Lay your left leg on the ground.

At this point, bridge up on your right foot as you twist to the left.

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Turn and roll him to the left, keeping hold of his arm.

Go to the top position as he lands on his back.

Your hands post on the floor as you pull your heel hooks in under his legs.

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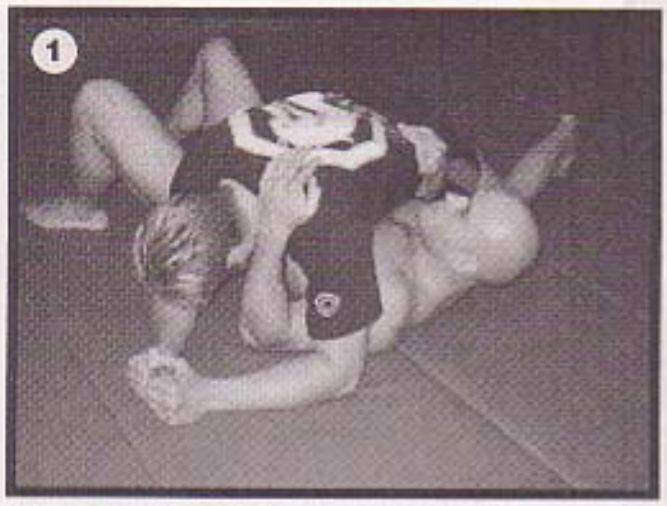
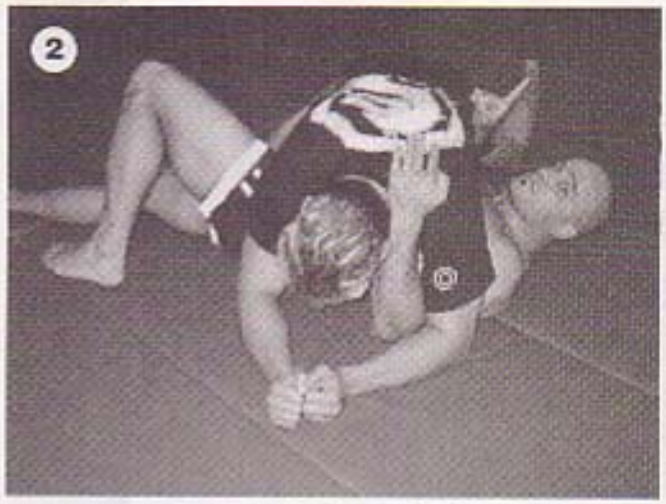


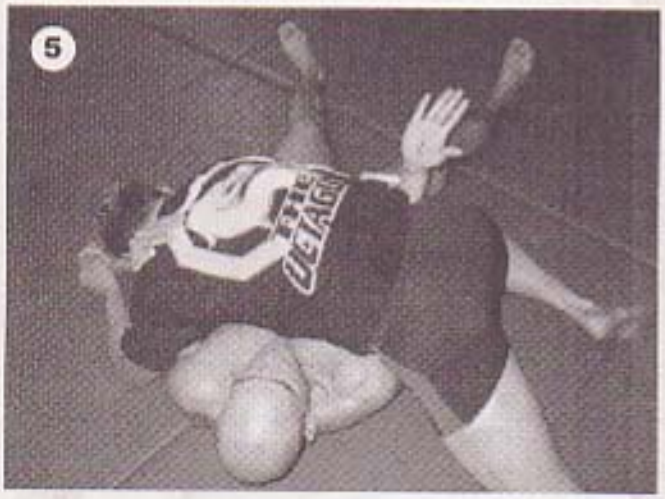
Your opponent has you in his side mount.



Now watch carefully.

Your right arm is going to slide under his body.

Roll a little to the right so he doesn't feel your right hand sliding under his belly.



With your hand underneath, you now stretch your legs out straight.

Pull forward with your heels, pushing off his body with your right arm.

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Pull out, turning your body over to the right.

Holding his back with your right arm...

...quickly grab his left shoulder with your right hand and pull yourself up.

You now have his back.

If you like, you can strike him or go for submissions.

Training Notes

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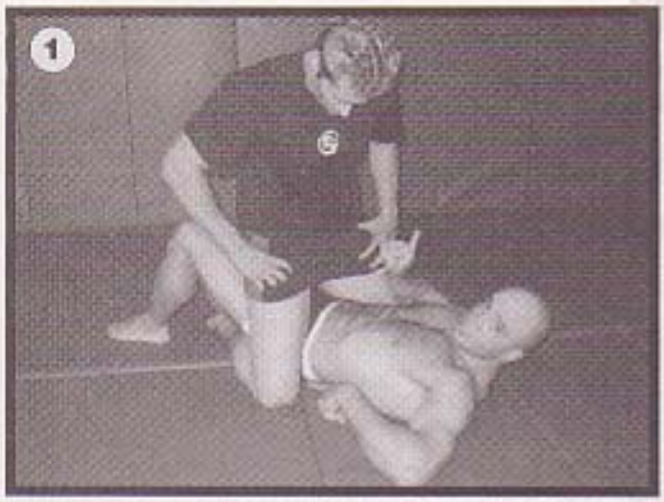
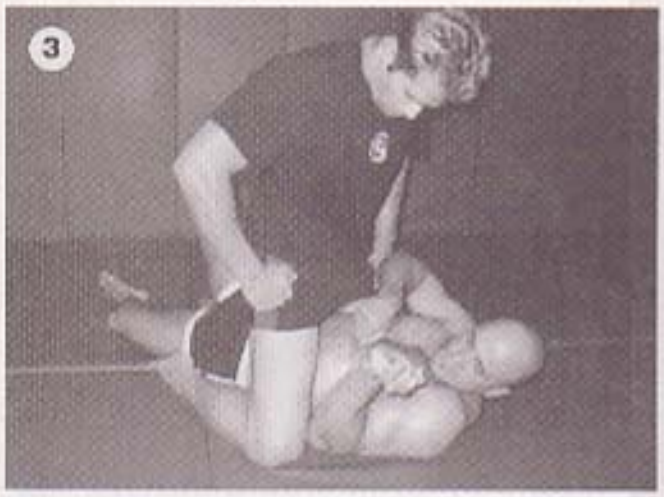


Important Point for Creating Space: If he sits on you high...

...and brings his knees into your sides, you have no room to move or create power.



To create space, use your left elbow to push on his right thigh.

As you push his leg back, slide your left leg up.

Bring your left leg outside his right leg. Hook your legs...

...around his right leg for control. Hold him tight so he cannot strike. Then do the same thing with his right leg to get full guard.

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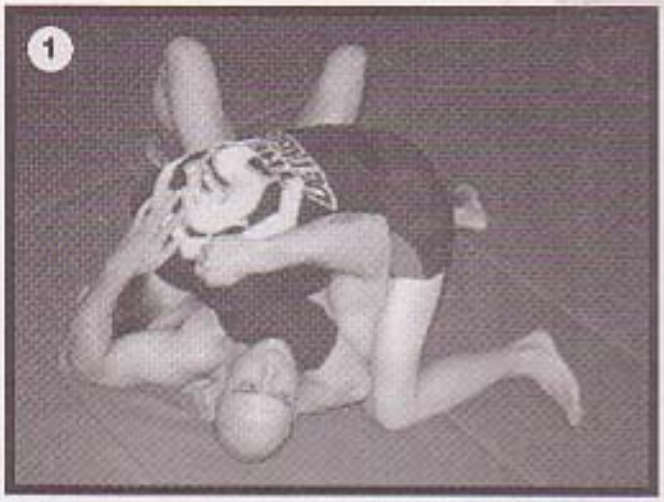

Your opponent has you in the side mount with his left arm around your neck.

Pull your right arm back, posting it on the floor, like this.

Reaching back with your left arm, grab his left wrist.

With explosive speed, bridge high, throwing him over.

Roll him over to the right.

Rolling over with him, you land on top in the side mount position.

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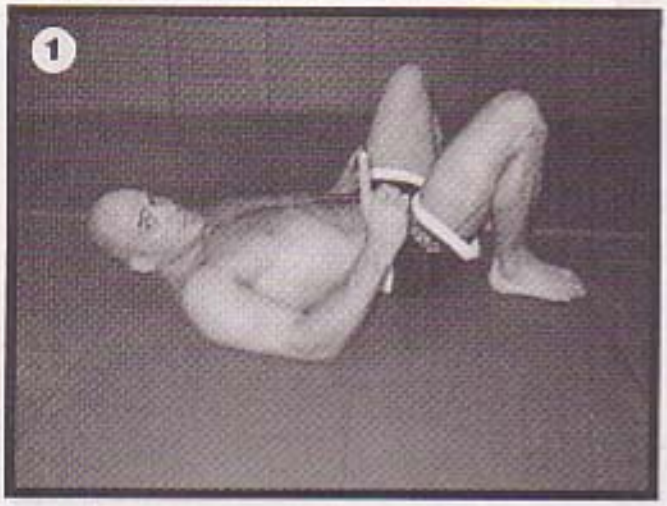
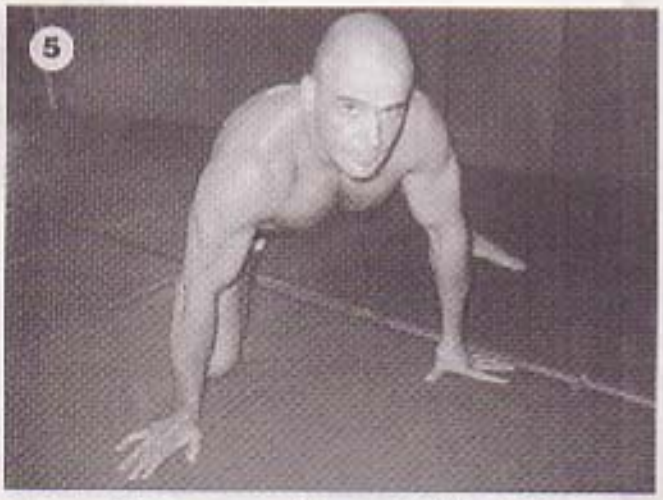


Pay attention as I demonstrate an excellent drill for developing your bridge.

Start on your back and explode your hips high, coming up on your toes.

Now continue by kicking your legs straight up.

Bring your legs down over the back of your head landing like this.



Come up and repeat this drill continuously for 2 to 3 minutes.

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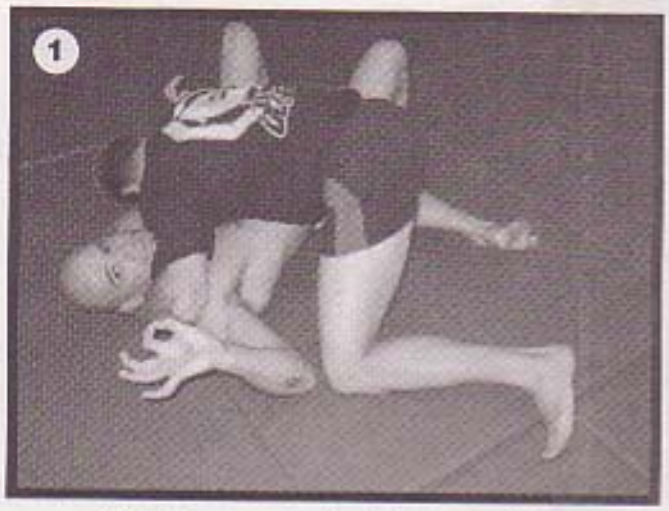
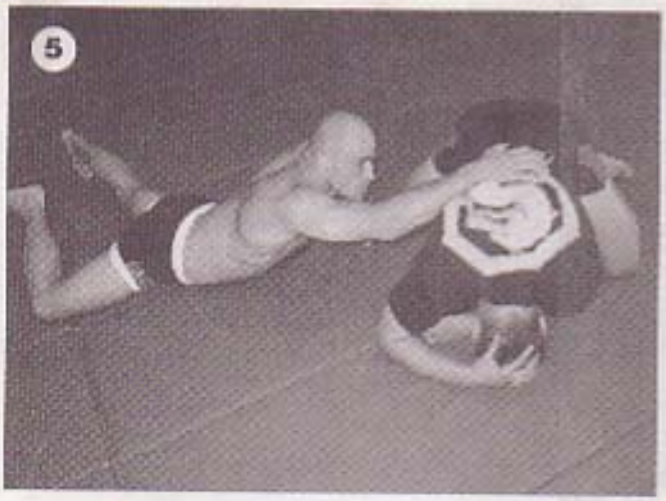


This is an excellent reversal for escaping the side mount.

Bridge up high to create space.

Now slide your right arm under his body. You still have your hip up.

At this point, pull yourself forward on your heels and push off his body to escape.



As you turn out, hold his back with your right hand.

Pull yourself up on his back to complete the escape and reversal.

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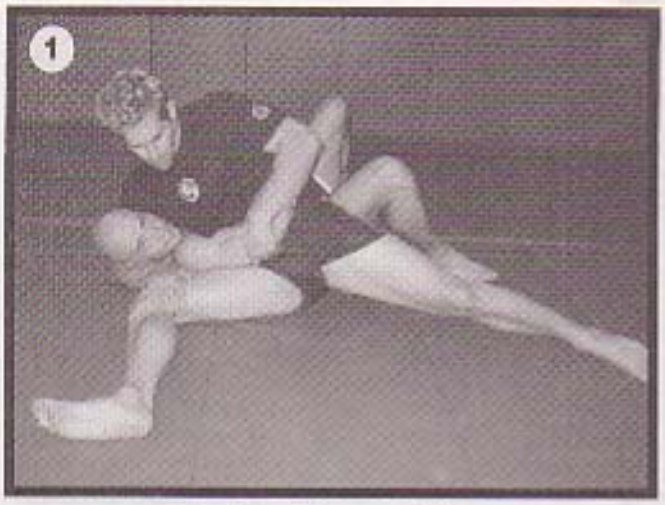
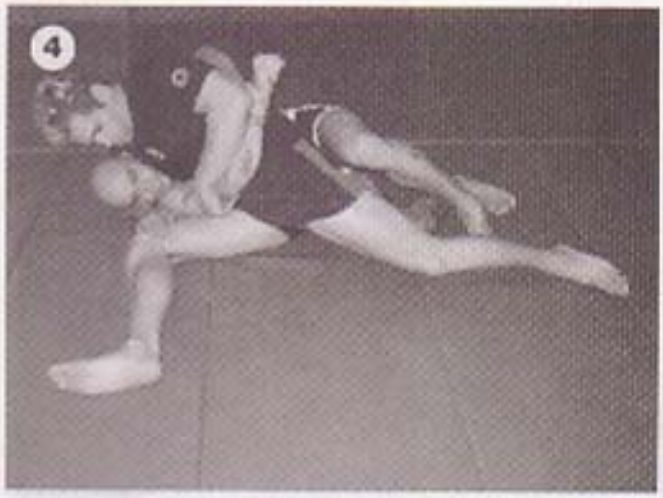


Start in this position.

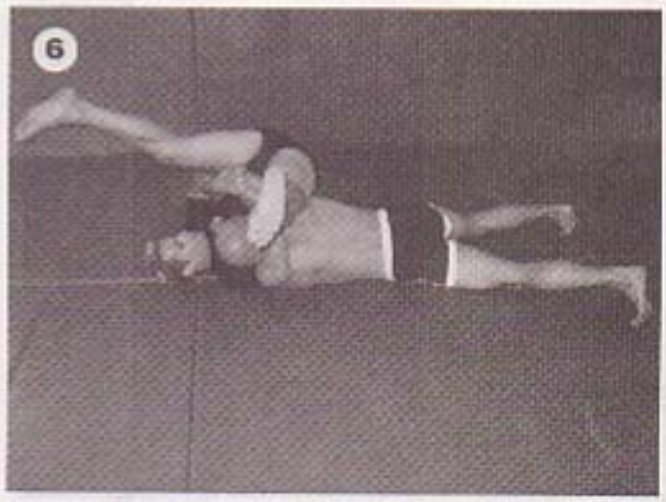
Watch the hips.

Turn your hips out as you climb to him, staying tight to his body.



With your left hand, grab your right arm squeezing him tight.

Now you roll him to the left...



...turning him over on his back.

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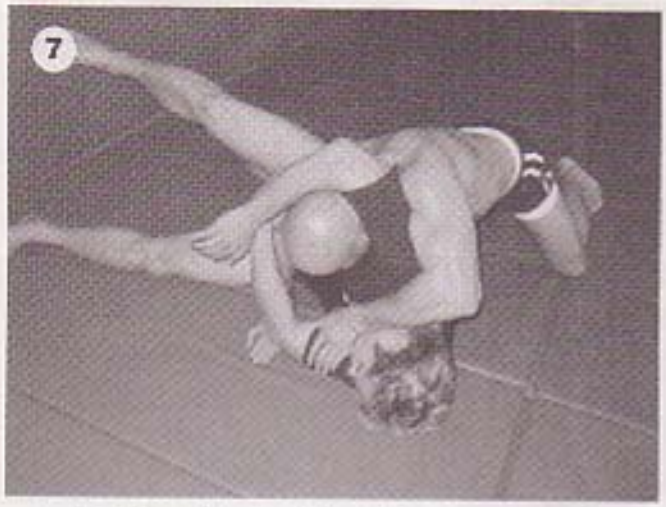
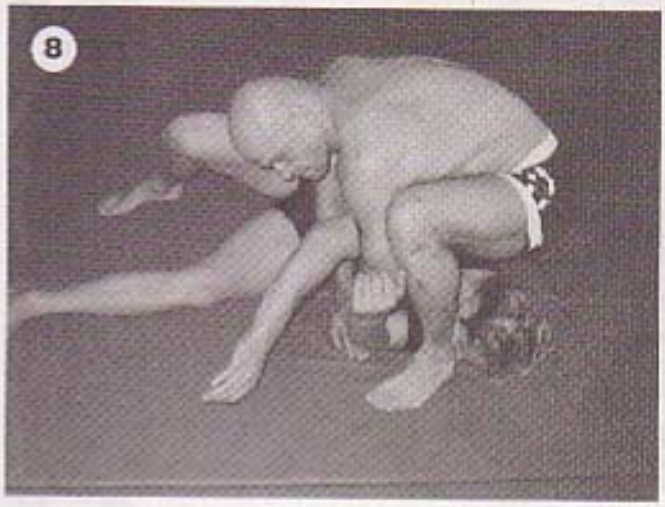
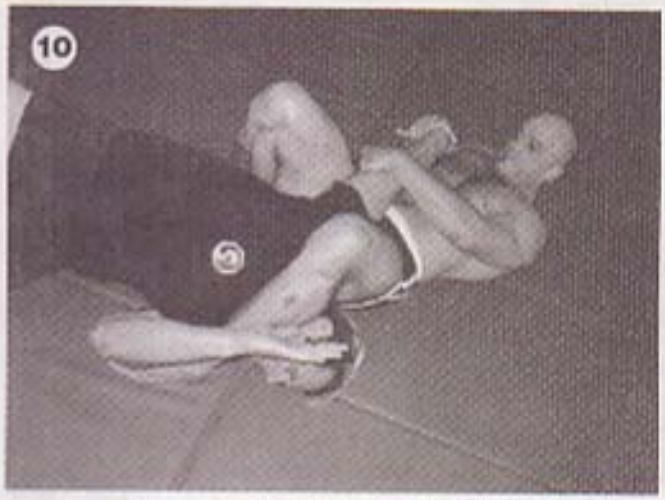


Land on top in the side mount and cross face him with your left arm.



This step is optional: Step up with your left foot in front of his face...

...control the arm.



Dropping back you straighten his right arm to complete an armbar.

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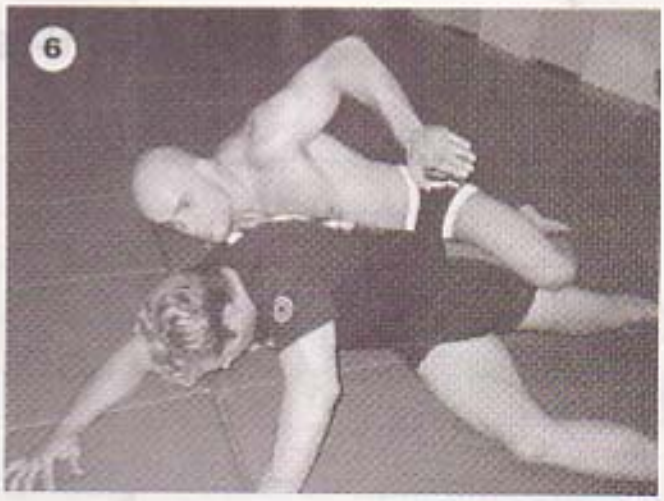
Now if you are in the scarf hold and want to roll your opponent to the left...

...but he decides to place his right arm out to post...

...here is some space under his arm...

...where you can pull your head under his right arm...

...and escape "through the back door" as they call it.



Then mount his back to apply a rear naked choke.

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When applying the choke you fall back...

...hooking his left leg with your left leg for control.

To finish him, bring your right hand behind his head and push down.

Note:
If your opponent holds your right arm real tight, like shown in pictures #2, 3, and 4, this may not work. But, pretty much nobody does that, so don't worry.

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In this situation you must protect your throat from a rear choke hold.

Protect it by lifting your shoulders and tucking your chin down and to the side.

With your throat protected...

...turn to the right side.

Post your right foot on the floor.

Now push on that foot and explode to the left.

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Turn over on top of your opponent.

You have escaped his rear choke and are now in his guard position.

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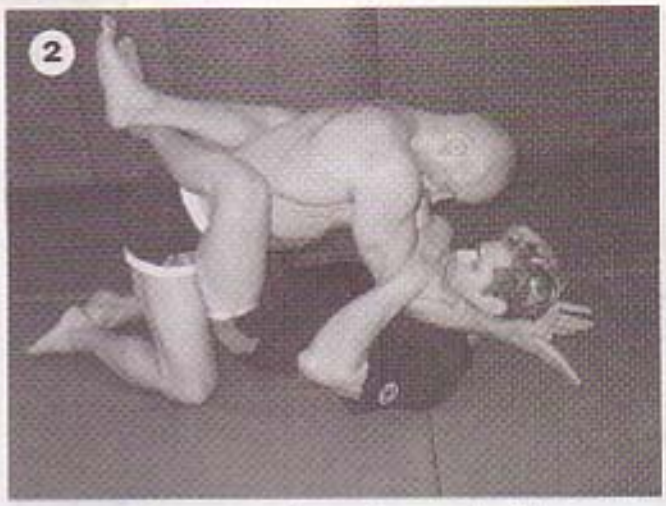
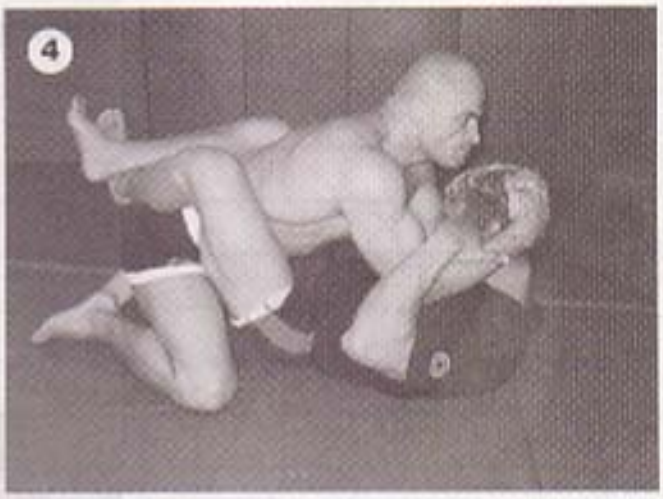
You are in your opponent's guard position.



To escape, lean forward with your elbows pushing on his chest.

Now grab the top of his head.



Pulling forward, you neck crank him.

As you neck crank, he has to open his guard to relieve the pressure.

Pull out and make sure he doesn't close his guard again.

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You are in his guard position.

A simple escape is to put both hands on your opponents hips and push them down...

...then put your right knee on his butt.

From here you push his hips down and pull yourself back to escape.

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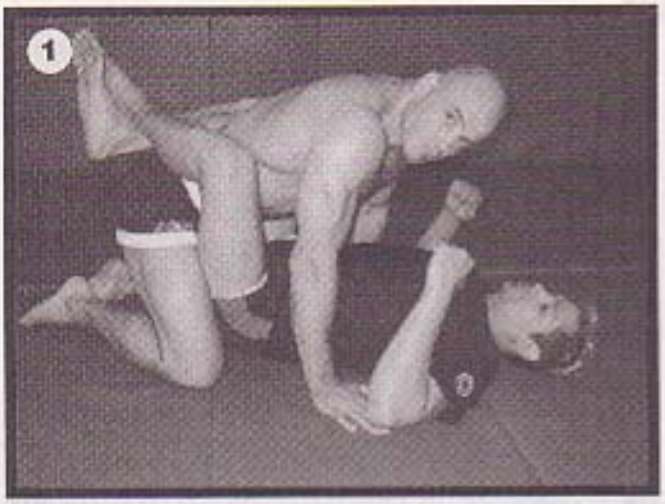
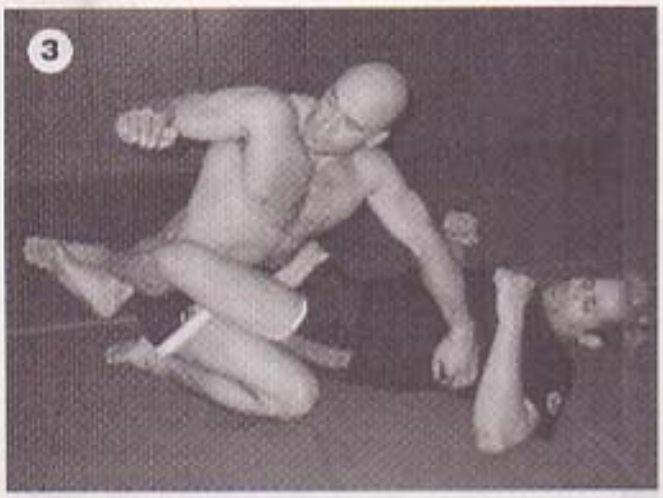
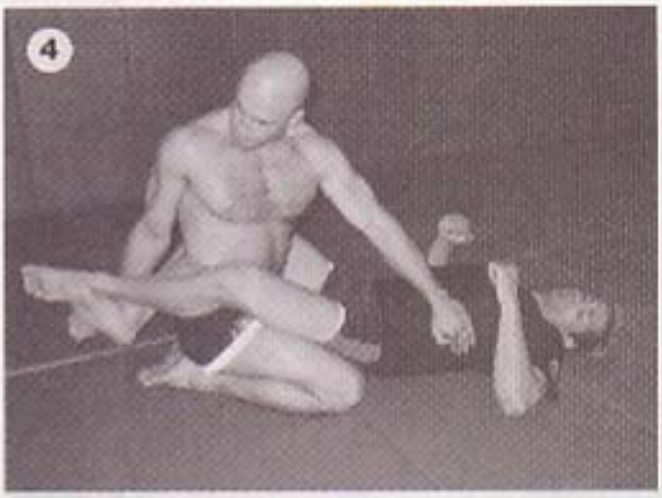


You are in your opponent's full guard position.

Sit back so he does not suspect anything.



Then quickly reach back for his left leg with your right arm.



Hook his left leg with your right arm.

Lifting his leg up high, bring it to your left side

Throw his lg over your head.

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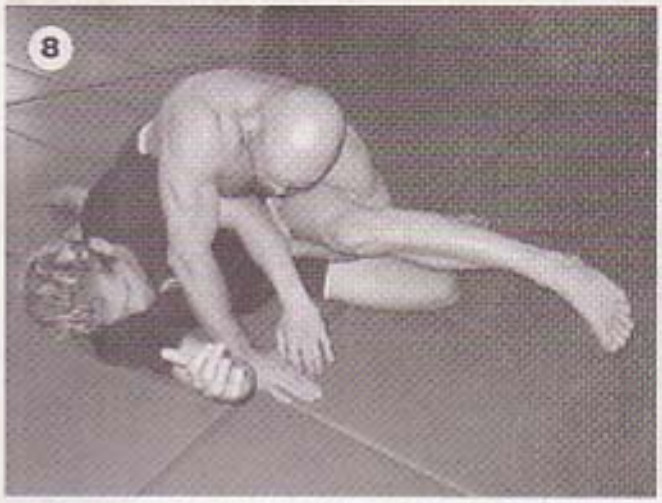
Push your head toward the left and hold it tight.



Then move to the side mount position.

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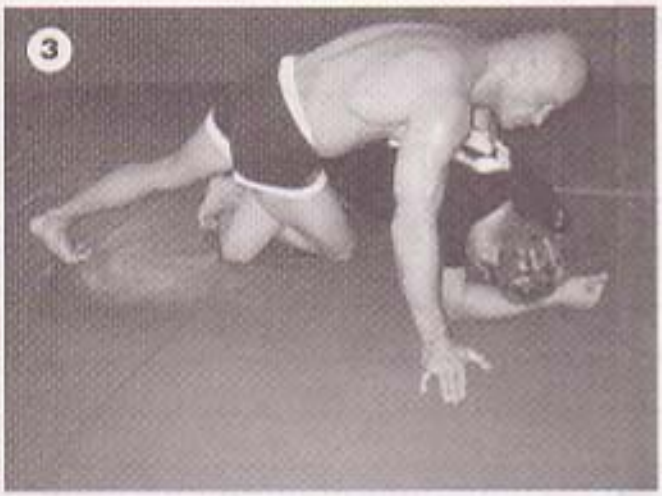
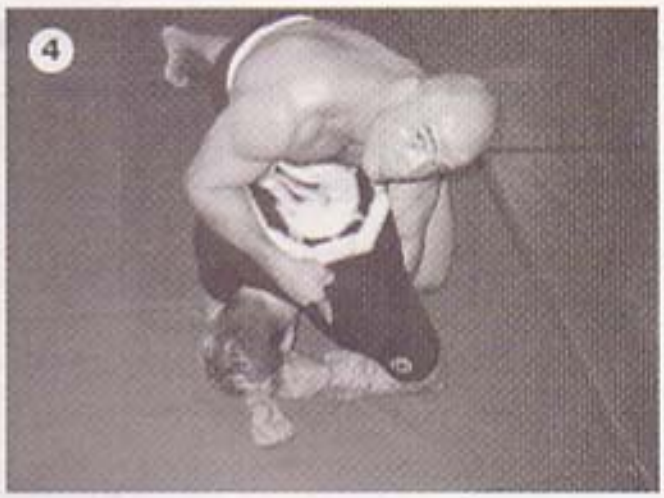
Here you hook your right leg over his left leg with your left arm under his right arm.

Pushing on his right arm, turn right, pulling out from underneath.



Turn out, grab his left wrist with your left hand as you keep your right leg hooked in.



You must hold the wrist so he cannot roll out.

A bonus is having your right leg hooked in on his left leg.

Turn around to the right, taking advantage of a leg hook.

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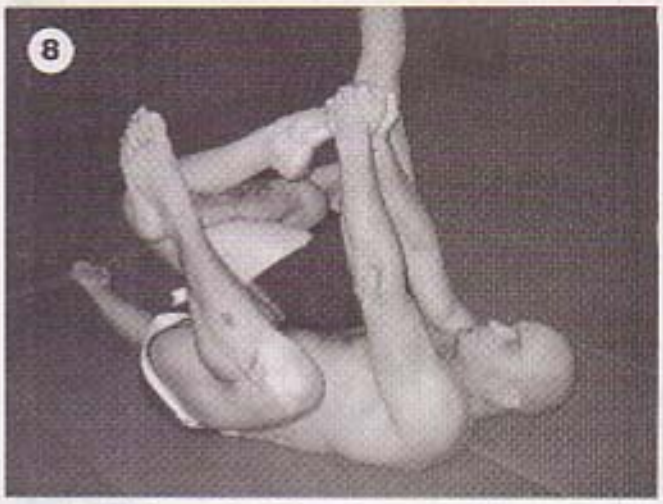
Grab his left foot and fall back.



Pull down hard and push with your left foot on your right leg.

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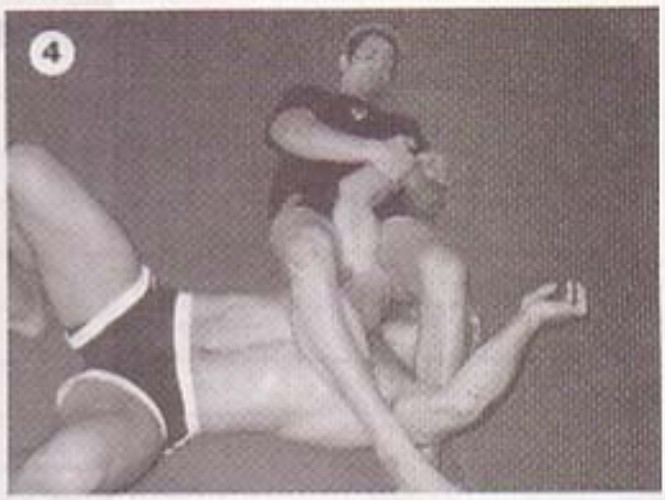
You will now escape your opponent's attempted straight armbar.

Resist by keeping your arm in a "V" position.

By resisting he must struggle to straighten your arm.



Release your grip while turning your head to the left.

Continue rolling left over your head and left shoulder.

You end up behind your opponent.

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Staying close, pull your arm in to break from the hold.

Holding his right leg to keep control, take the side position.

A very nice thing to do form here is to apply a leg bar.

Continue to hold his left leg with your right hand as you turn right.

Stepping over with your right leg, keep your heels together.

Falling back, secure his foot to your right jaw and bridge for the leg bar.

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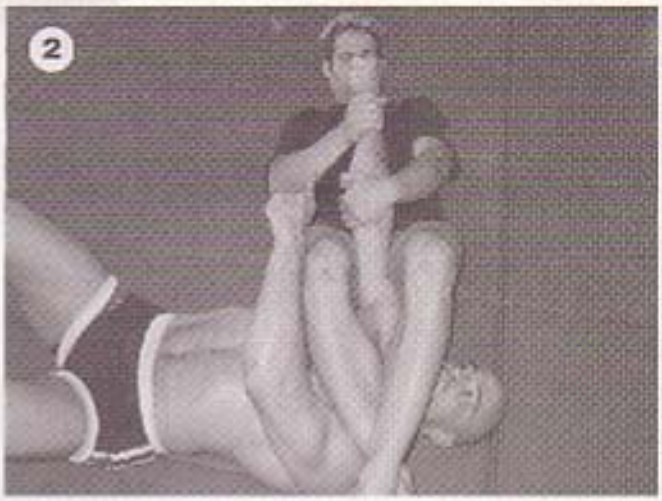
This is how to escape the armbar when he doesn't have control of your hand.



First make a strong fist.

Then twist your fist to the right.

As you twist your fist right, you can start rolling.

Now push yourself upwards and roll over your left shoulder.

As you come up behind your opponent, pull your arm free.

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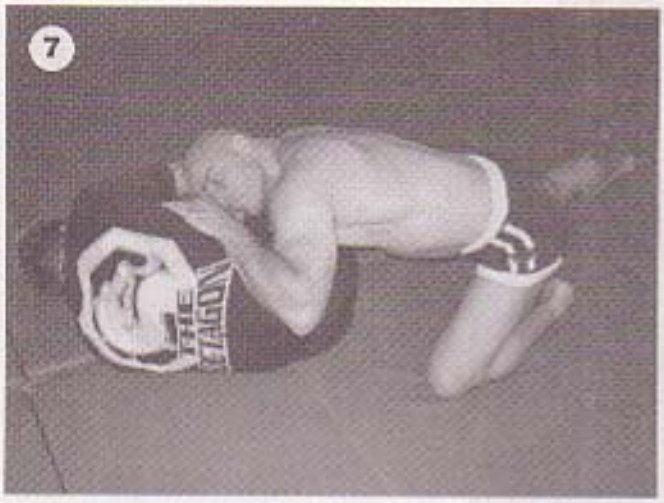
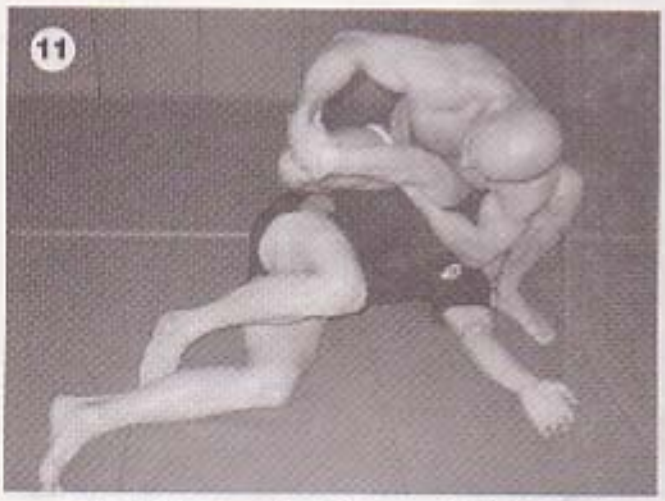


Move forward on your opponent.

Take the side mount position securing his left arm and leg.

Optional: From here step over in front of his face with your right foot.

Hold his right arm in an overhand grip. (Like I explained in the arm locks chapter.)



Pull his hand with your right and his biceps with your left hand.

Drop back to execute an armbar.

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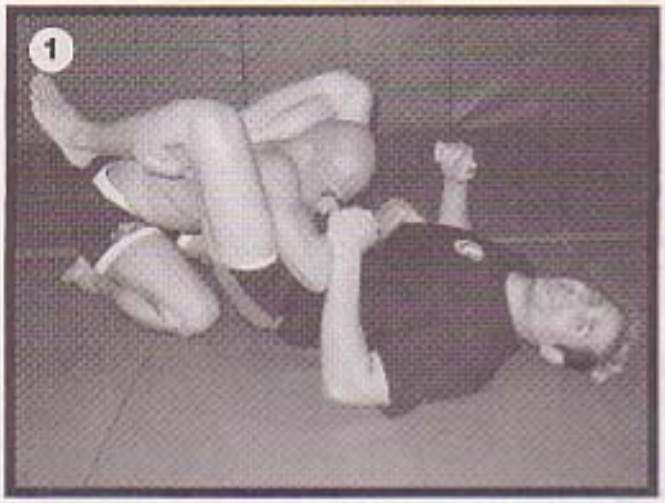


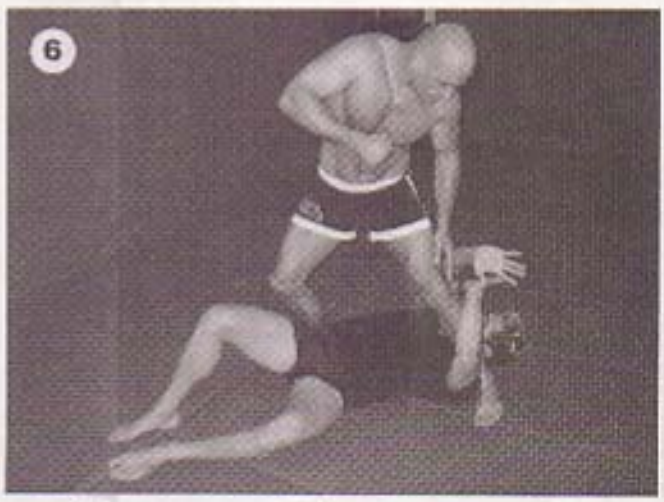
I will show you how to escape a triangle choke starting from this position.

Stand up without letting him bring your right arm to the other side.

Move to the right side.

Step over his head with your left foot.

From here simply stand up and escape.



You can now strike your opponent with punches and kicks.

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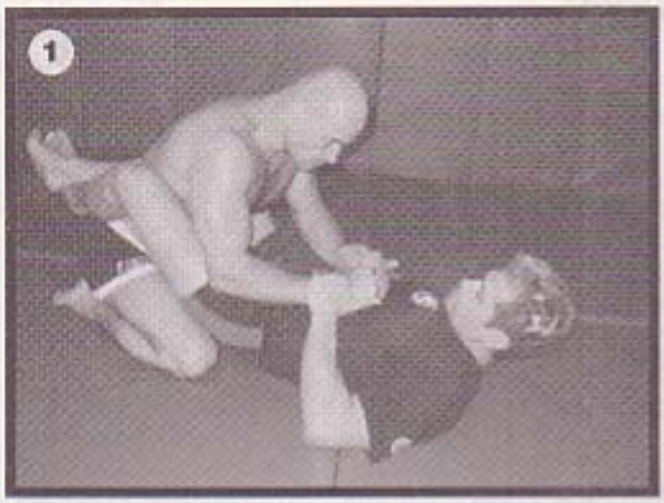
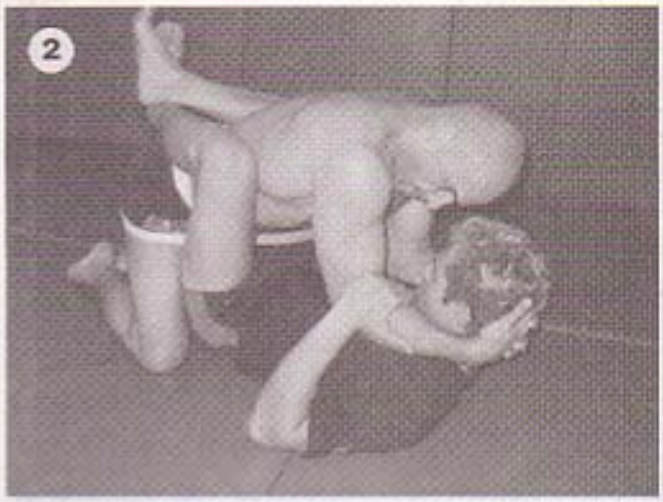


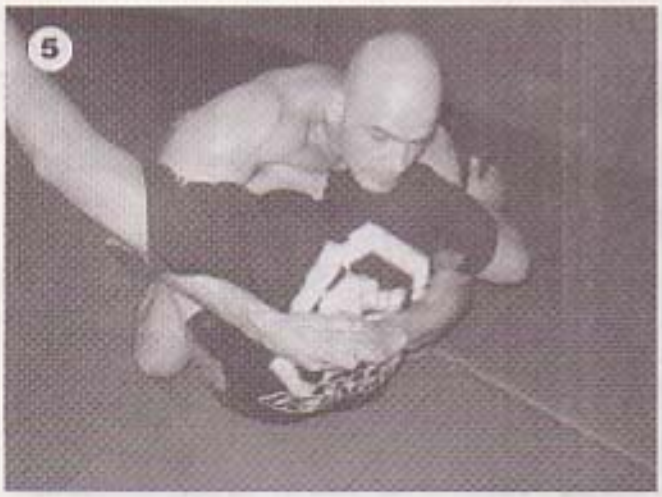
This is another excellent technique for escaping the guard.



Start by grabbing your opponent's head and pulling it forward to crank his neck.

Then pull him all the way up.

Your left arm slides down his face and under his armpit.



With his head cranked behind your right shoulder, grip your hands together.

Push him on his back to make him open his guard so you can now escape.

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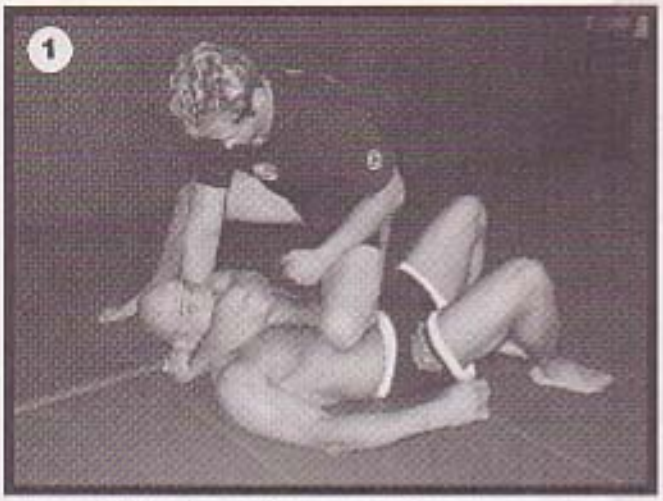
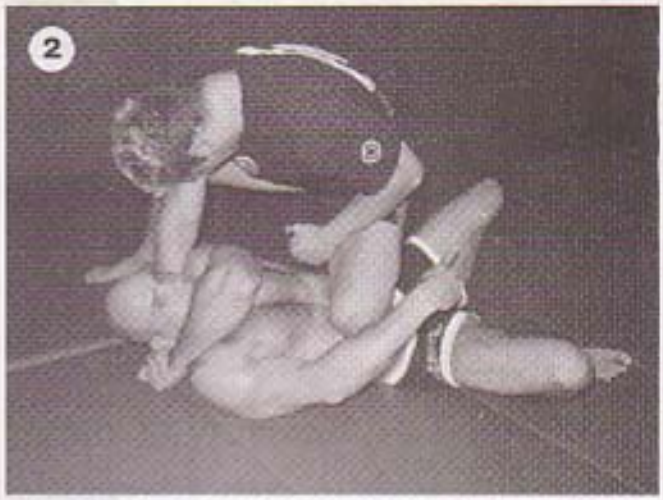
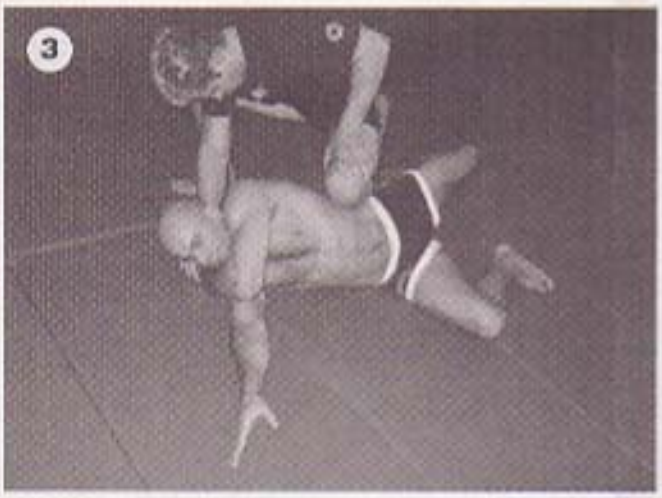


This is a simple way to escape your opponent's knee on belly position.



Push off your left foot and explode to the right with great speed.



Turning to the right...

...continue rolling away and pull your arm out of the hold.

Quickly jump to your feet.

Let's Rumble!!

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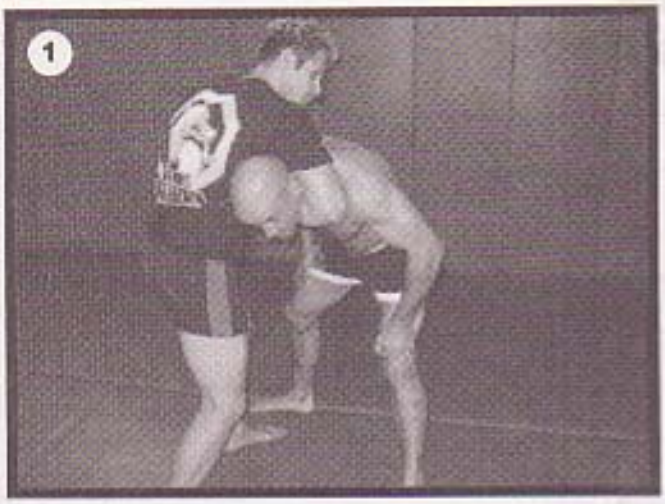
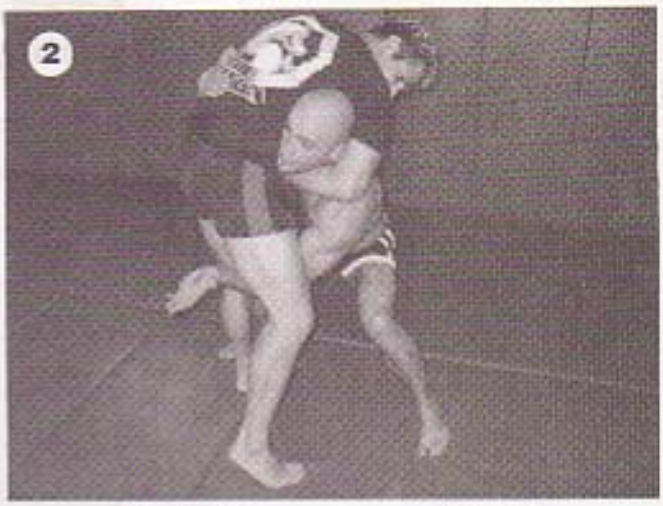
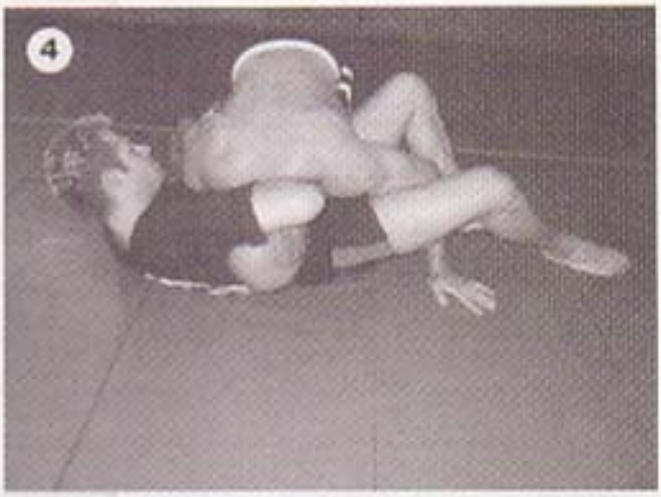


In this situation your opponent has you in a standing front guillotine choke.



Staying low, you move in with your left arm between his legs.

Straighten up, lifting him high off the ground.



Take him down, slamming his back to the floor with you on top.

Immediately you cross face him with your right arm.

Optional: Grabbing his wrist you pull his arm off your neck.

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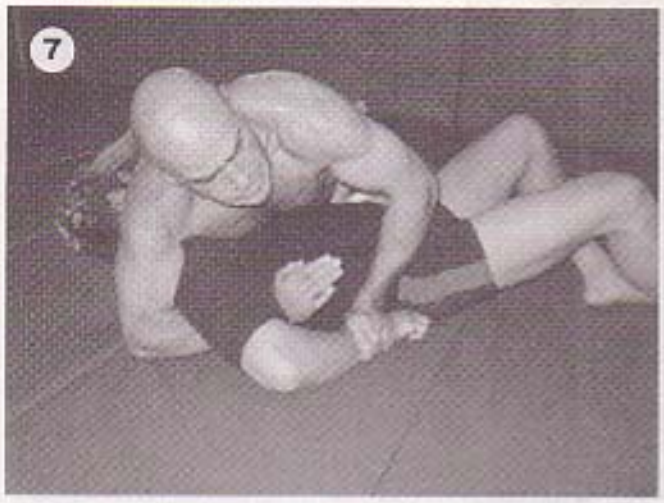
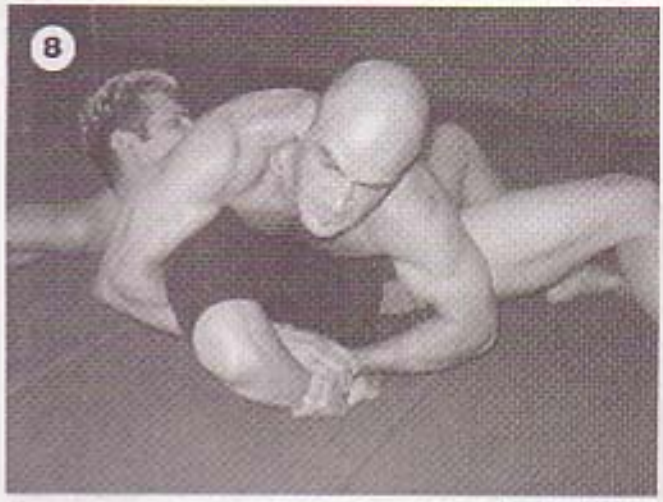
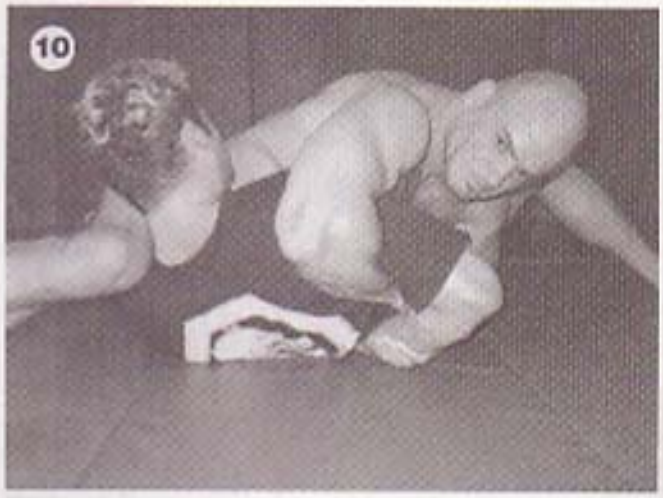


Holding his wrist, you slide with your right arm under his right arm...



...grab your left wrist.

With your right leg out wide and against his head, lift him up, but not too high.



Apply the lock by pulling your right arm up as you push down with your left hand.

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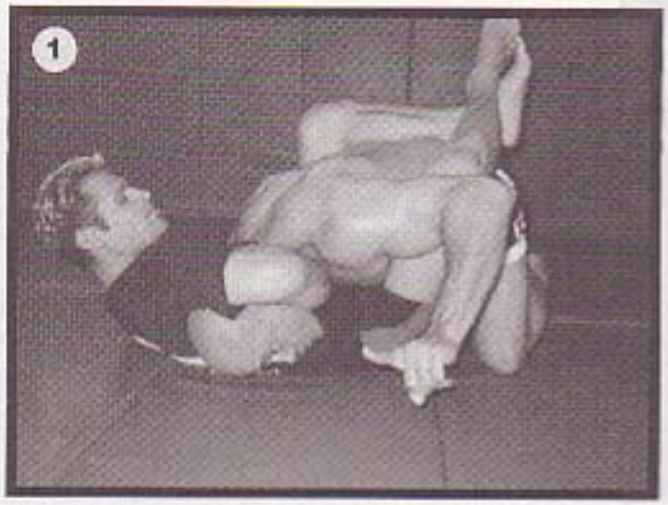

A very important point to remember when Escaping the Front Choke...

...use your jaw to escape being choked out.

Your target is his rib cage

Turn your chin in, digging it hard into his ribs.

This creates space and takes the pressure off your throat, like this.

Now the pressure is more on the side of your neck and not the throat.

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From here, bring your right arm up.

Place your right arm inside his left arm and push it to the right.

Pull your head out and...

...sit up and strike him.

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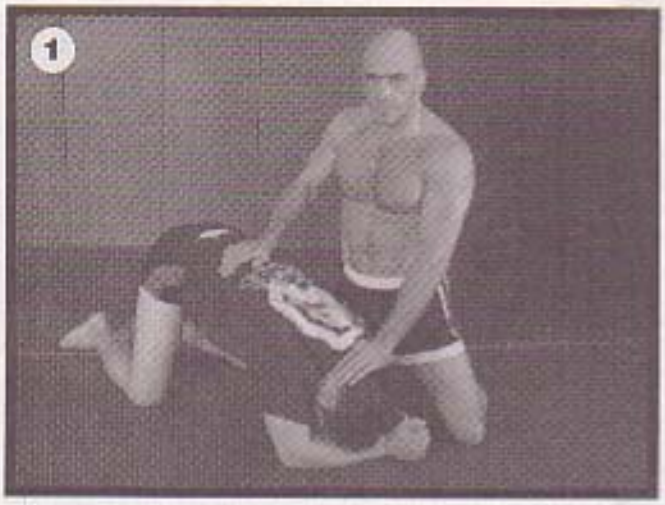
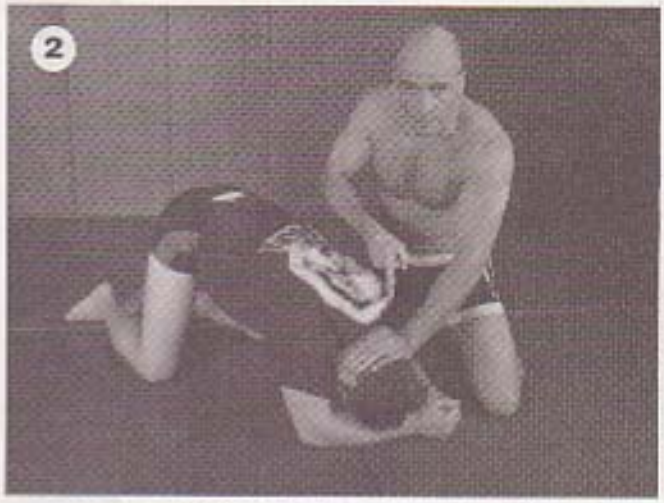
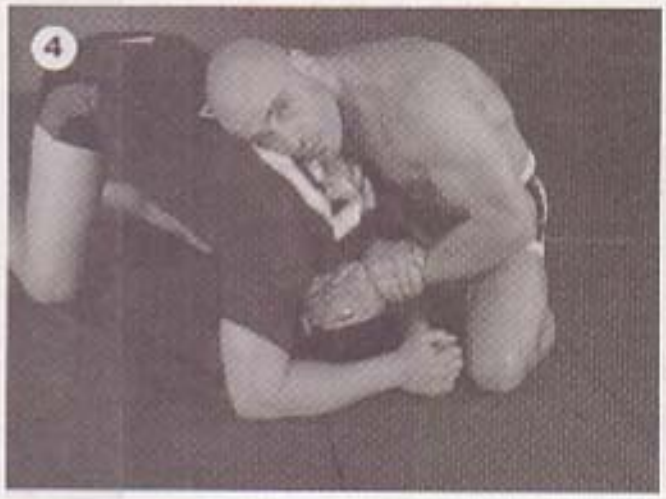


I will demonstrate how to turn your opponent over when he is on all fours.



Begin by putting your hand on the back of his head.

Now slide your right hand under his armpit.



Then grab your left wrist.

Push his head down and pull your right arm over to the left.

Turning his body over as you push.

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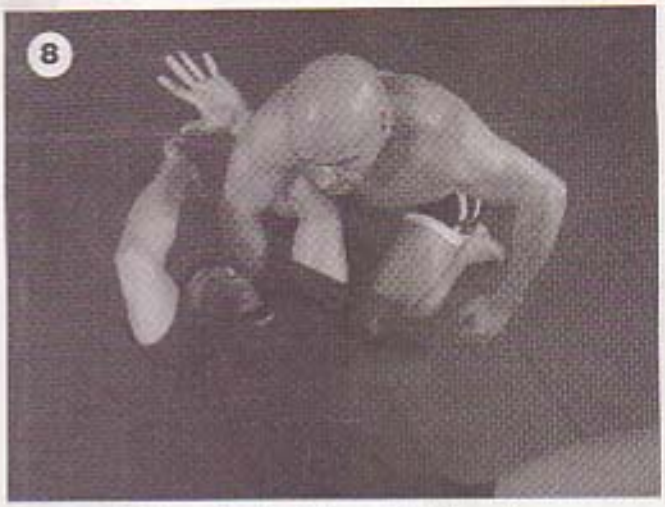
As he rolls, continue to hold him for control.



When he lands on his back...

...immediately go for the side mount position.

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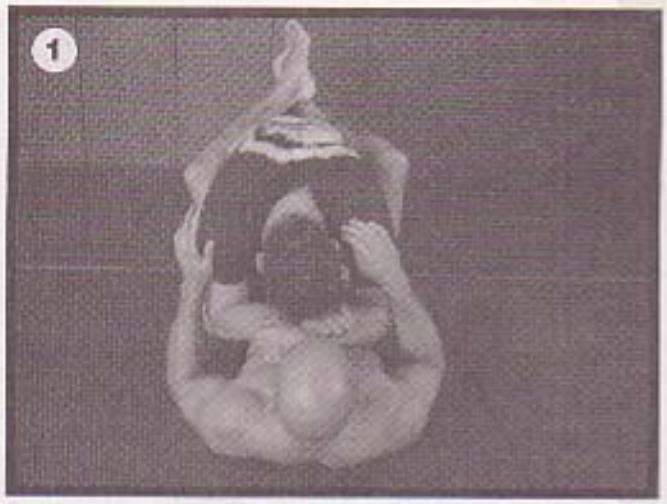
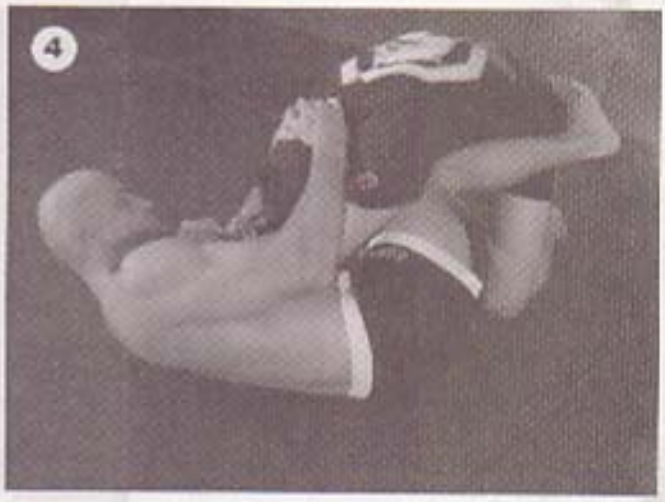


This technique will show how to create striking distance when in your guard.

Grab his head with your right hand, open your legs, shift your hips out to the right.

Bring your right leg into his left side and your left leg around his stomach.



Continue holding his head as you turn left.

As he comes up to strike...

...bridge up and stretch out so he cannot hit you.

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Pull him in with your legs and counter strike with a right to his face.

Notice how you have used your legs to control your opponent.

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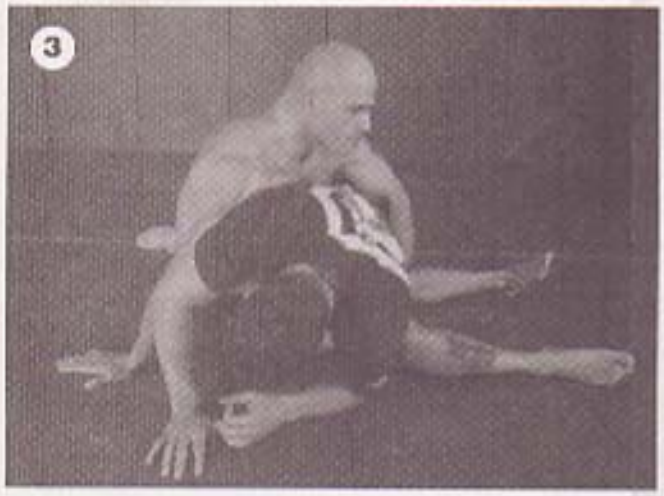
Your opponent has you in the side mount position.

With both hands, push him down to your hips.



Sit up, posting your right hand to the floor for leverage.

Roll forward...

... so that you are on top in the side mount position.

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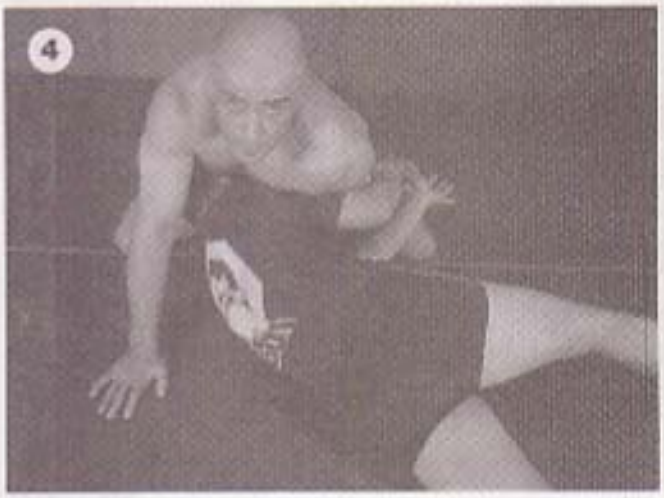
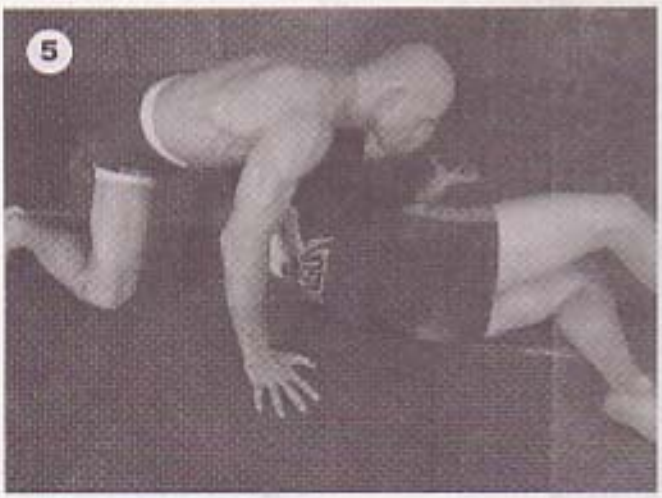
If your opponent tries to escape the side mount, this shows how to control him.

As he turns to skip his hips out in an effort to do a scissor leg escape...

...stick your arm in front of his chest.



With your left hand posted on the floor...



...turn your body around to the right.

His escape is stopped and you regain your side mount position.

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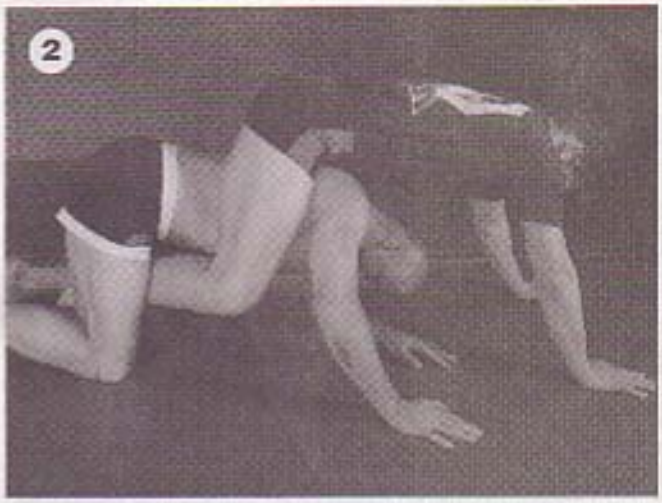
In this situation he has his hooks inside your legs.



As he attempts to stretch you out...

...straighten one leg (in this case my right). He will slide off.

With his left leg trapped inside your left leg you grab his foot with your left hand.

Then you roll to your back.

Quickly release his foot, keeping your right arm under his left leg.

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Turn, lifting his leg with your right arm. (Watch out for a triangle choke.)

Pass his leg fast, to the other side of your head.

You move forward...

...going to the side mount position.

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Your opponent has you in the side mount position.

Wrap your left arm around his right arm. (You need some power for this move.)

Put your right elbow on his hip.

Now explode to the left pushing up with your elbow as you go.

Keep him tight to you as you roll him over.

Your position ends in the side mount.

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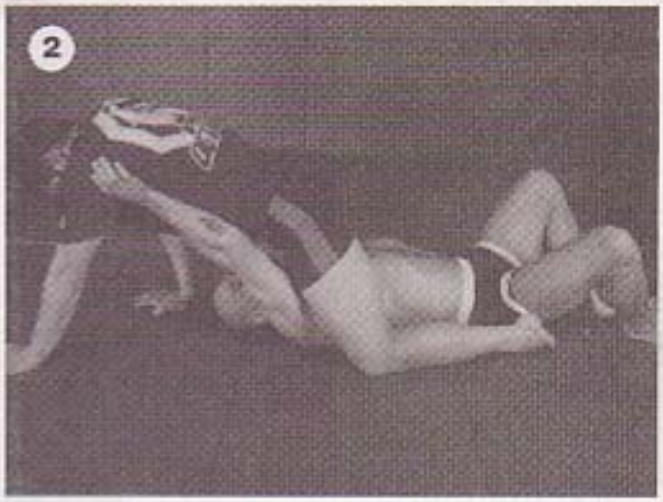
Your opponent has you in his mount position.

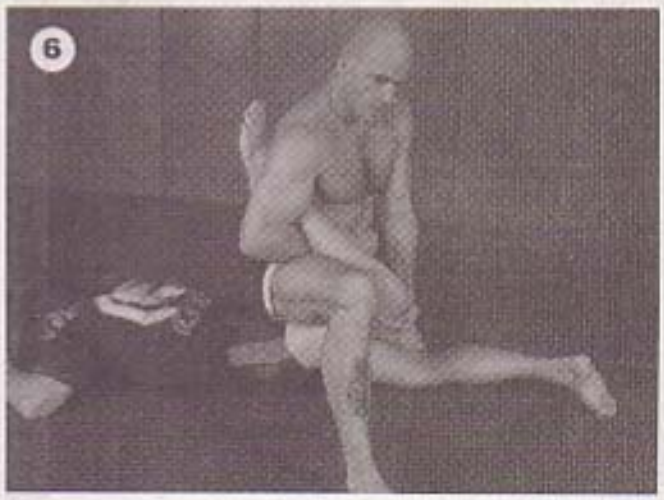


To escape, put your hands under his armpits pushing him forward. Be careful of armbars.

Now, swing your legs up and over, placing them under his arms.

Continue turning, keeping your right arm behind his left leg.

Push yourself up more and...



...you can go for a leglock if you want.

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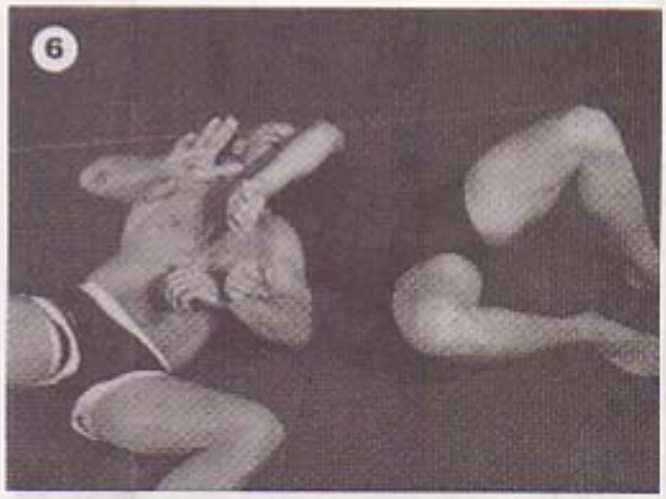
In this situation he has you around the waist in a north-south position.

First grab his right arm and pull your head out to the left.

Continue moving your head out and lean on his back.

Still controlling his arm, lean to your left side.

Keep pulling his arm up so that he has to continue rolling to avoid the pain.



As he flips over on his back , quickly begin moving to his side.

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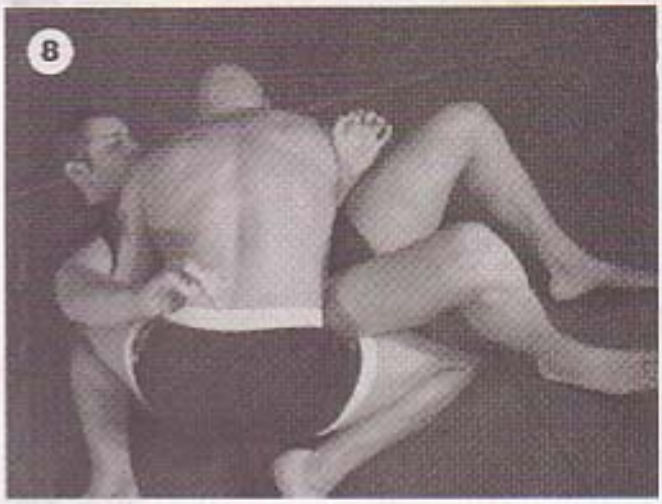
Bring yourself up into the side mount position.



As you can see, your legs are pulled in tight for better control of your opponent.

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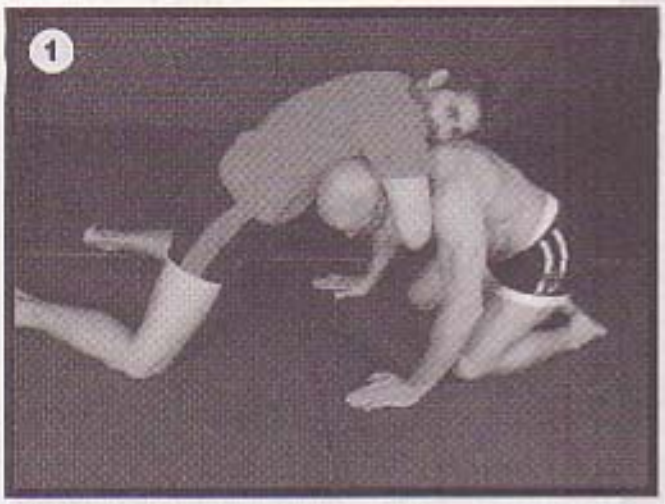
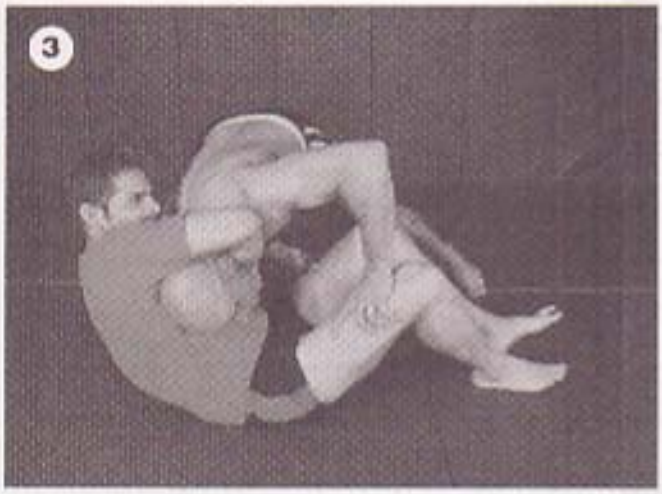
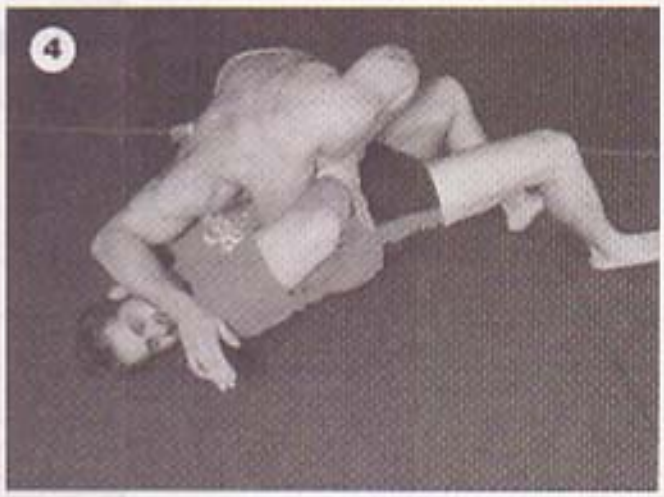


Front Choke Escape Plus Counter: You are in this position.

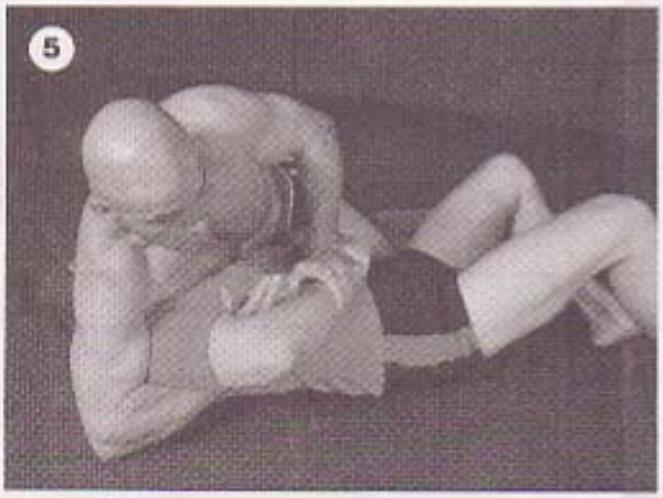
He wants to put you into his guard to finish the choke. Don't let him!



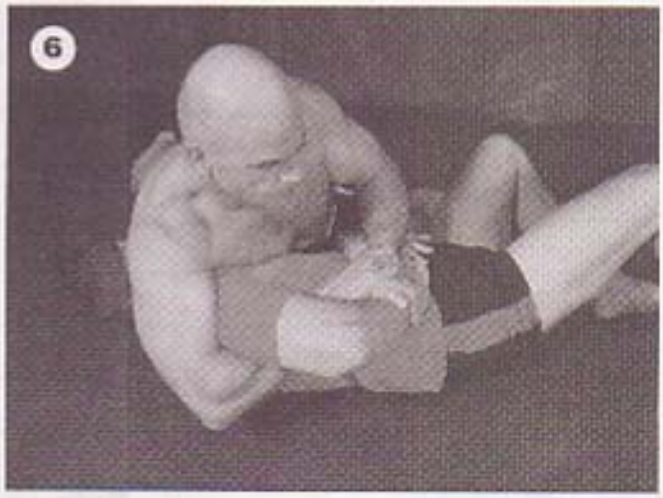
Jump both feet over to his left side.



Cross face him with your right arm, hold his right wrist and pull your head out.



You already have his wrist, so now go...



...under his arm with your right hand and grab your left wrist.

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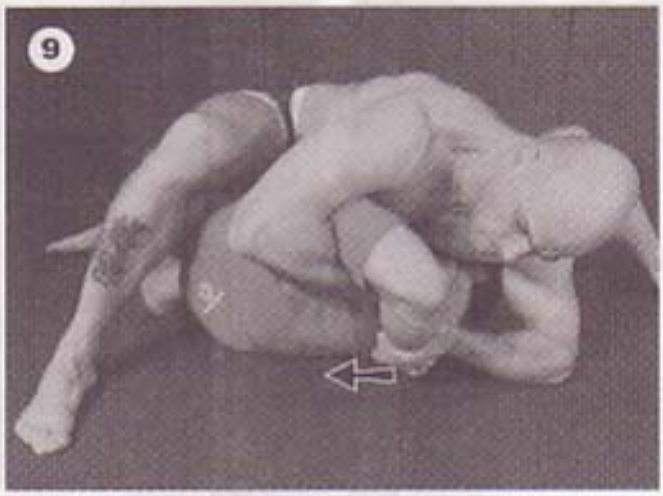
Keeping everything tight and compact...

...swing your right leg up and over for better control.



Complete the lock by pushing his hand upwards.

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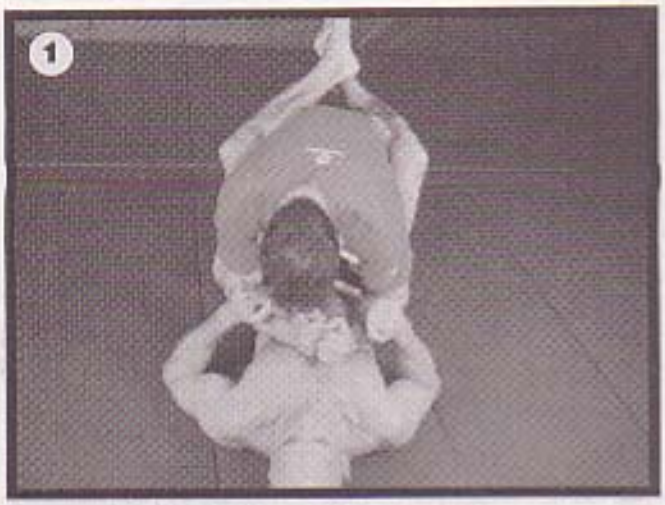

I will show you how to reverse from the guard to mount position

First pull his right arm away with your left hand.

Distract him with this move.

But then, slide your right arm under his left arm, catching his head.

Slide your left arm under his armpit.

Grip both hands together behind his back, keeping his head under your armpit.

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Slide your arms up to his triceps and post your right foot out to bridge.

Keeping your grip tight, bridge and roll to the left, turning him over.

Roll on top.

You are now in the mount position ready to strike.

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Escape a right arm hammer lock and combination from this position.

First keep your left foot tight to his leg so he cannot post his right foot out.

With your left arm, reach over and grab his left shoulder.

Now bridge up, turning your body to the left.

Roll your opponent over.

You will end up in his guard.

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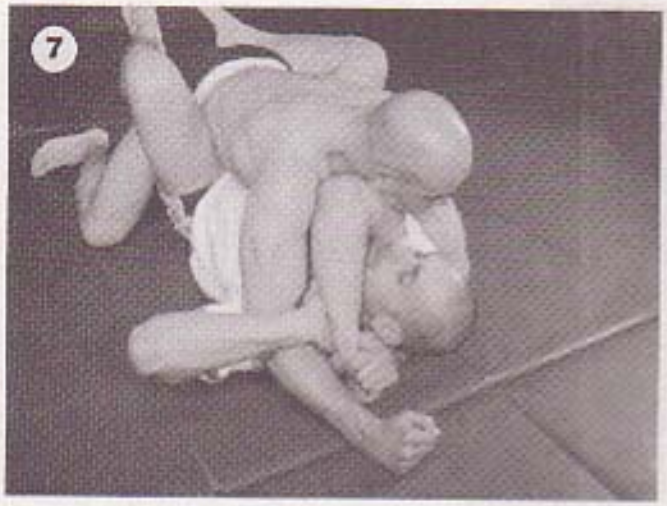
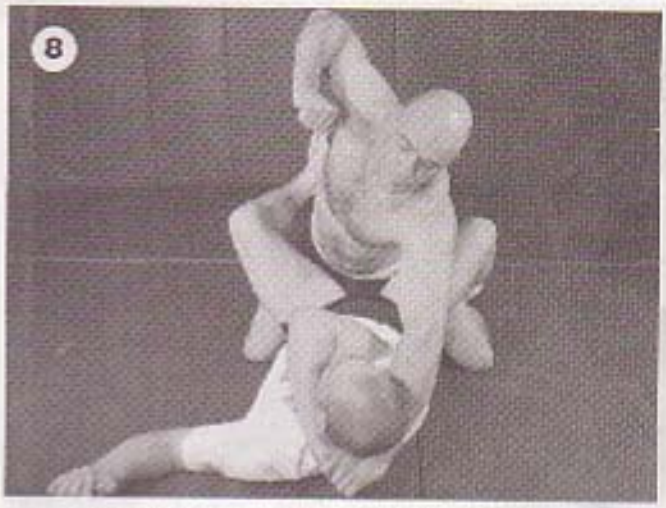


Keep everything tight, grab his right wrist with your left hand.



Sit up, keeping control of his arm as you ready an elbow strike.

Elbow to the head.

Slide your right hand under his neck.

With your right hand, grab your left arm.

Let go of his wrist and push your body weight down to apply the side choke.

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In this position, your opponent is trying to apply the straight armbar.

Now something you must be aware of.

If your opponent starts kicking...

...and you keep your arms down...

...you are an easy target to hit.

To avoid getting kicked (or just use this to escape)...

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...raise your arms high to block.

As you block, turn your body to the left.

Continue turning and twisting to break the arm hold.

You are now in his guard.

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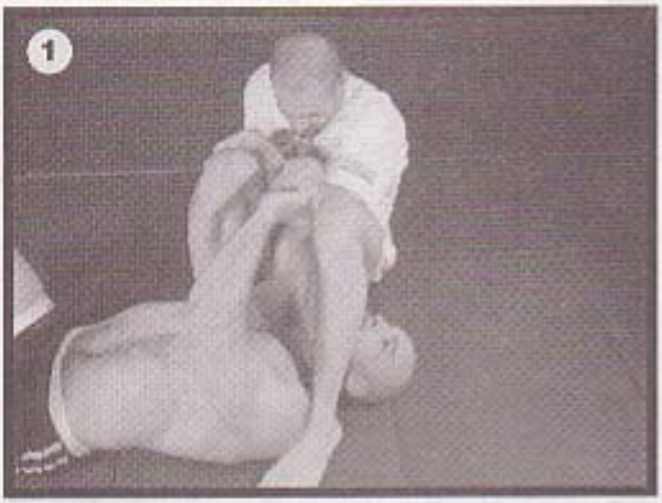
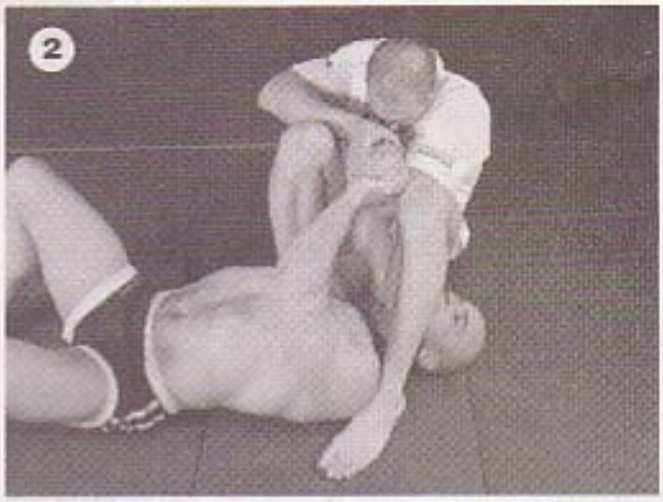
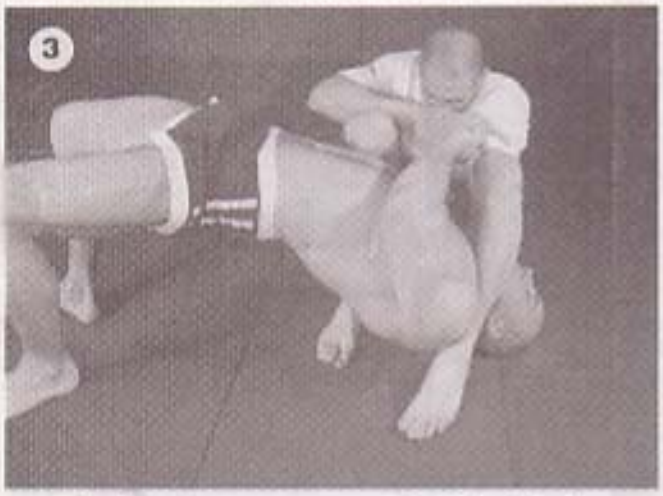


Here your opponent attempts to drop back and armbar.



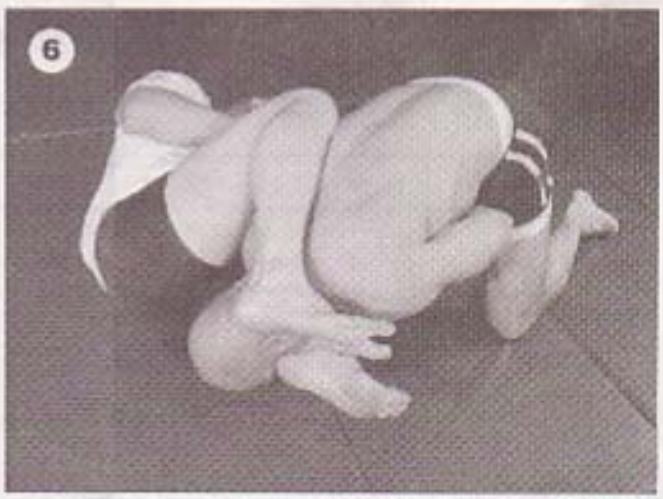
Keep your hands gripped together so he cannot straighten your right arm.



To begin your escape, bridge high.

As you bridge, roll over backwards.

Continue rolling, which causes him to lose the armbar.



At this point, you are in front of your opponent and continue to turn.

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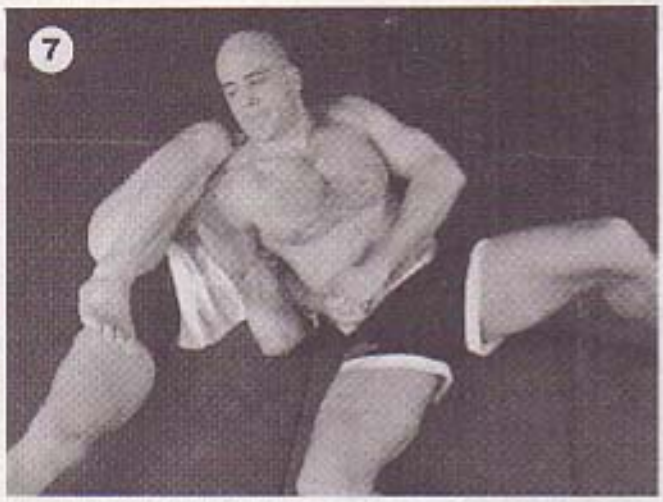
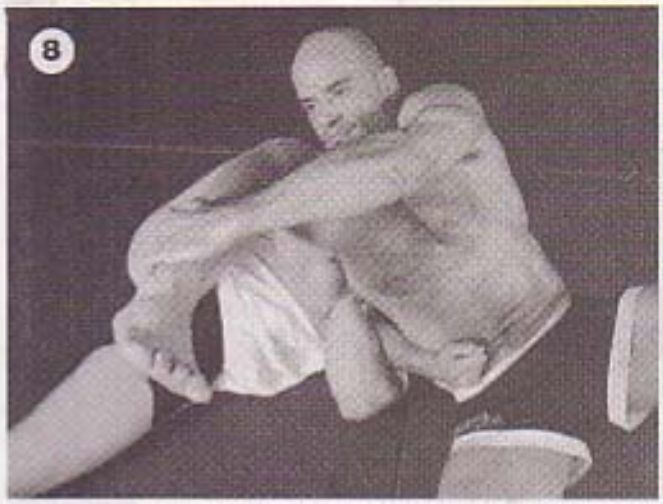
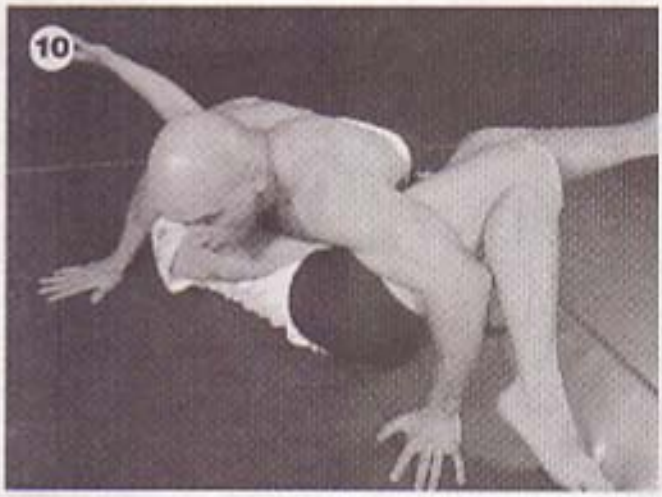


Go to the left for the side mount position.



As you grab his leg...

Pull yourself on top.



Finish in the side mount position.

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We begin with the opponent in your guard position.

Grab his head.

Pull his head all the way to the right side.

He is now close enough to elbow.

Strike with an elbow to the head.

With your left hand underneath, reach to grab his left arm triceps.

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Pull his arm to the left.

From there grab his right armpit, keeping your right leg in his side.

Use your arms and legs to pull and roll him to the right.

Stay with him as you roll.

If done properly, he will roll with little effort.

As he lands...

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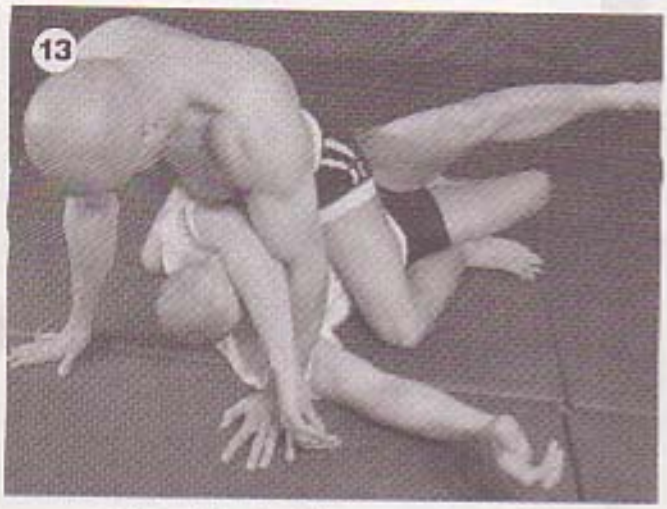
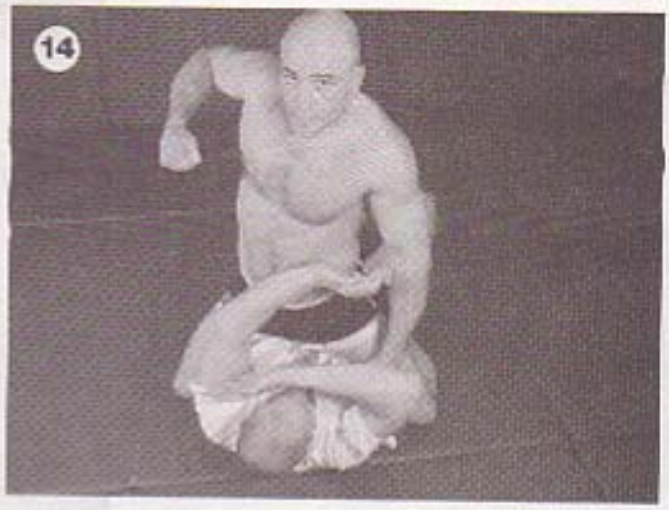


...roll on top to the mount position.



Now begin smashing his head with full power strikes.

We start with your opponent in the guard position.

Grab his right wrist with your left hand.

Straighten his arm and bring your right arm underneath his armpit.

Look at how you can control his wrist by turning the palm upward.

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Now slide your right arm
all the way underneath his arm.

Bring your right arm down.

At this point...

...by twisting his hand more
you already have a submission.

But if he does not tap...

...put your right hand under his jaw.

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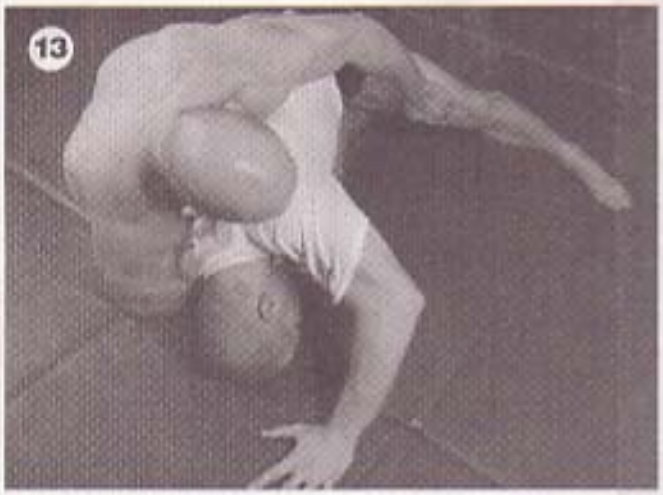
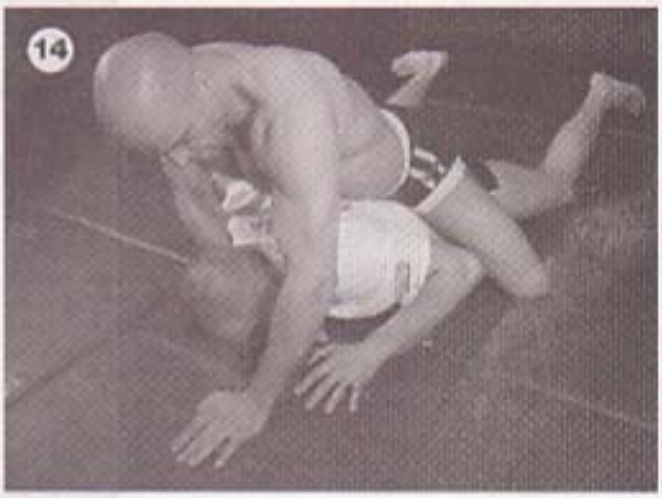
Turn to the left.

Pulling your body up...



...get on his back.



Once you take his back ...

...immediately put your hooks under his legs.

You now have his back.

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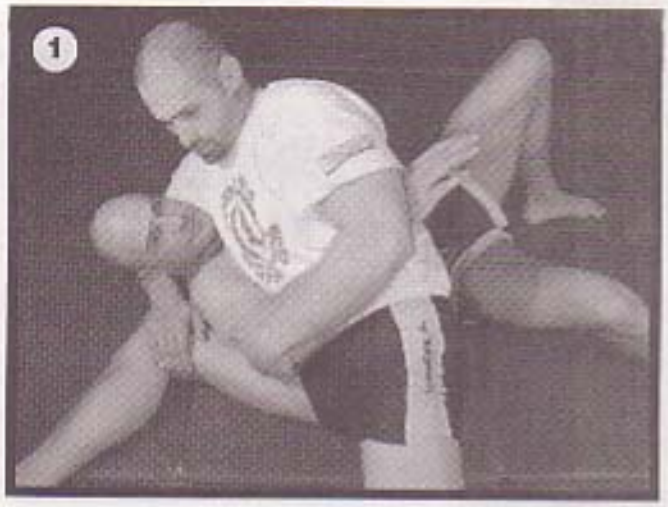
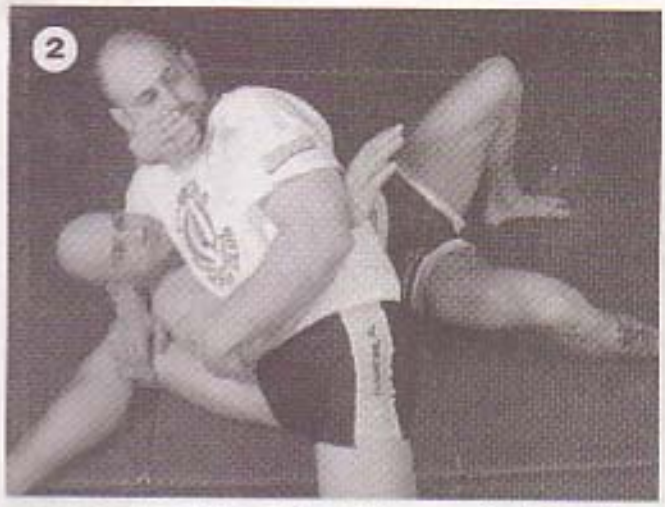
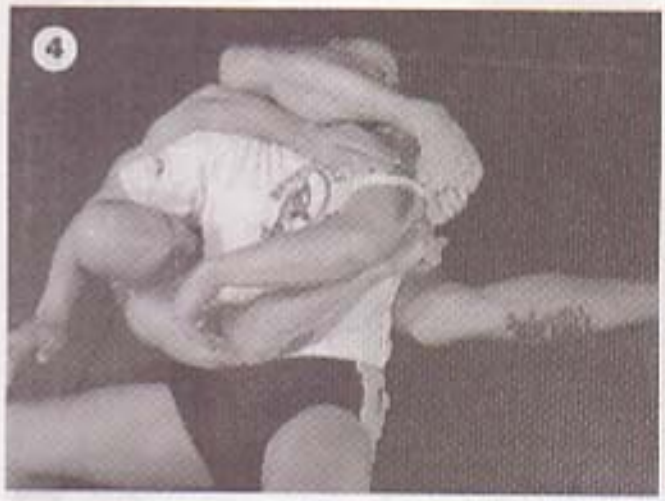


I will demonstrate how to escape the scarf hold.



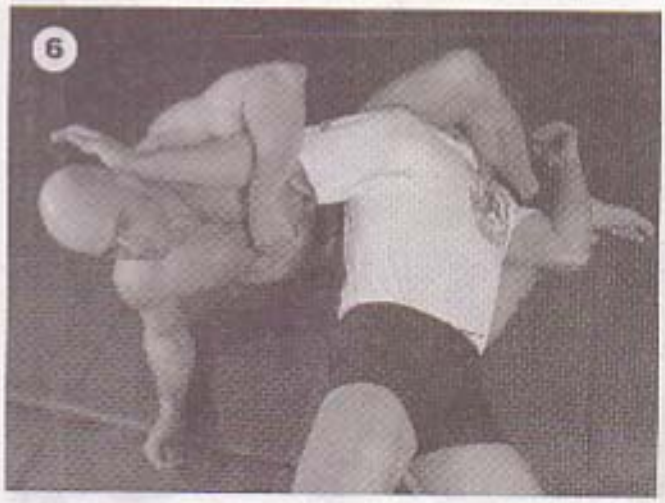
First cross face him with your left hand.

Now straighten your arms and push him back as you bring your left leg up.



Hook your left leg around his head.

Cross your feet together.



Holding his right arm, drive your legs down, pulling his head back.

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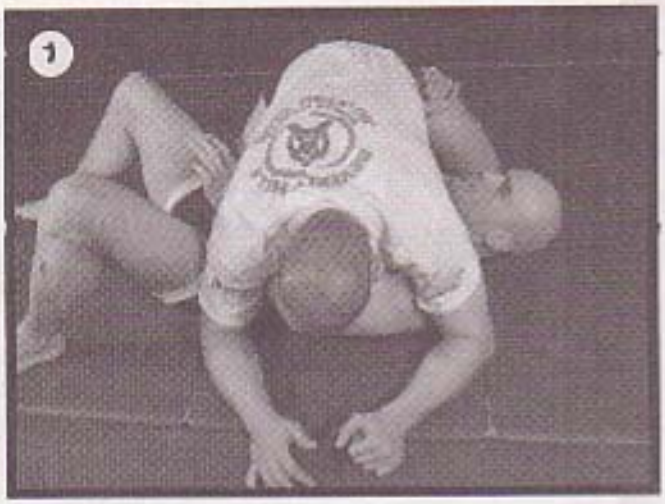
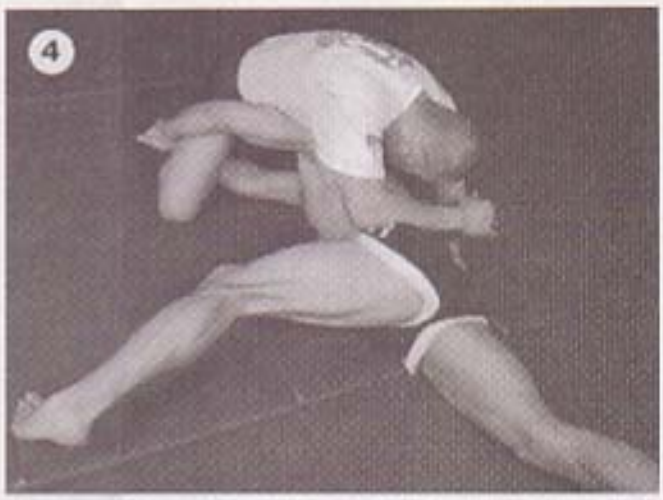


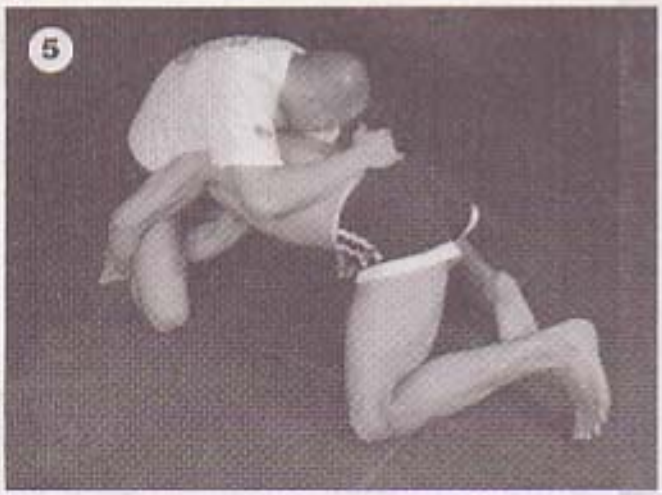
I will demonstrate how to reverse this position to the side mount.

Start by sliding both hands underneath your opponent.

Swing your right leg forward turning underneath with your arms out.



From here, grab his right leg with both hands.



Using his leg as a support, pull yourself up on your knees.

Come all the way up while putting your head into the side of his body.

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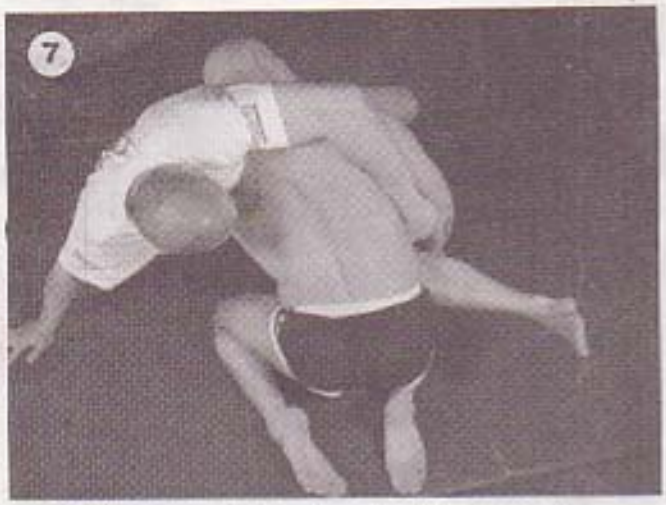

Bring your head under his left arm, pushing left with your head.

Look at it from this angle.

Keep hold of his leg.

Push hard to the left...

...and pull his leg to the right.

As he lands on his back, immediately move to the side mount position.

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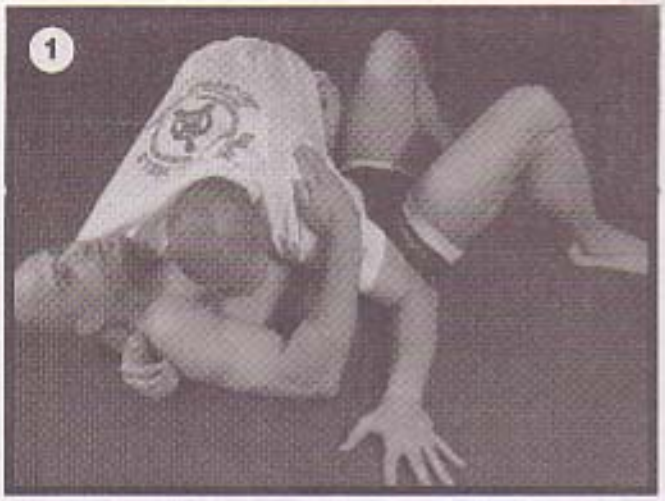
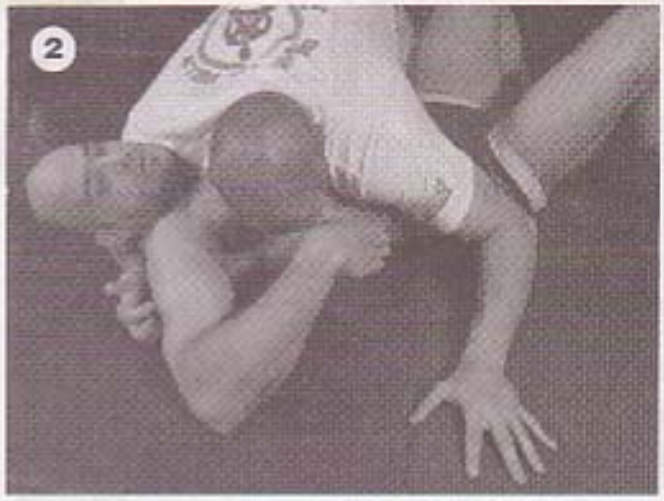
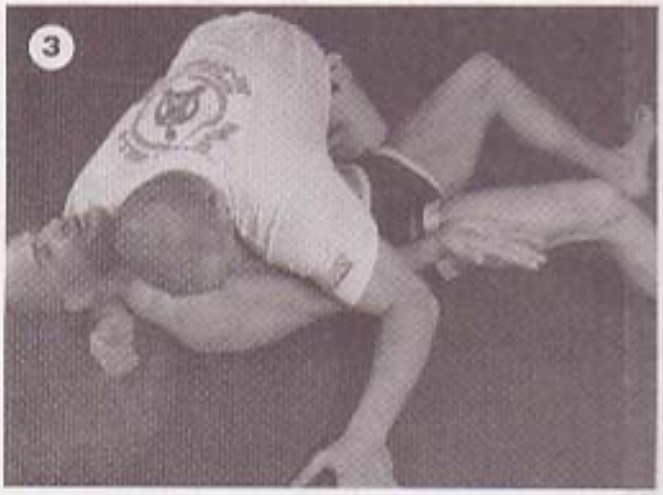


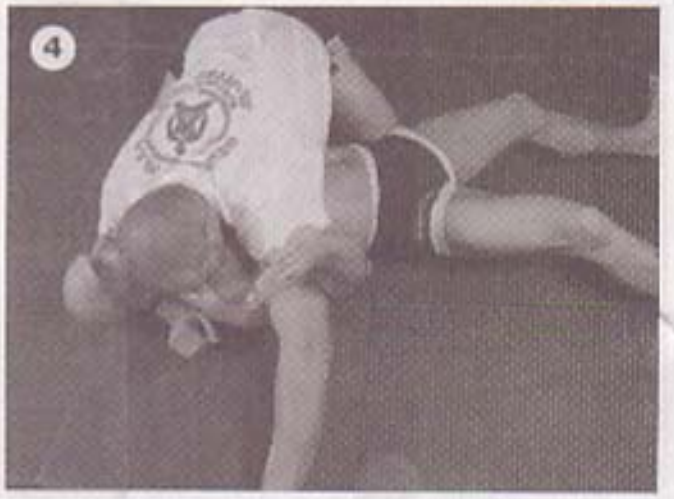
Now I'll show you how to simply escape this position.



First slide your right hand under his left shoulder.

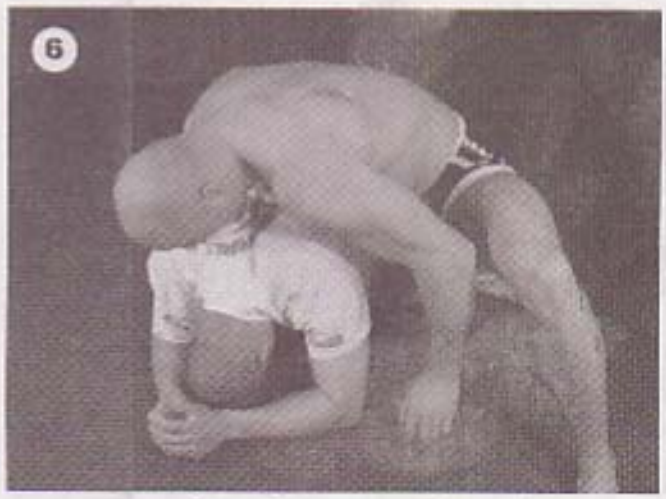


With your arm underneath...



...begin sliding out as you push his left arm up with your right arm.

Pull your self through the "Back Door" as they say.



Complete the escape by taking your opponent's back.

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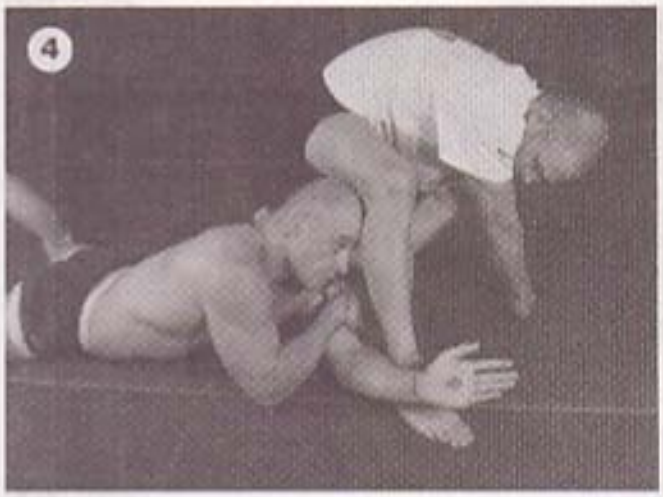
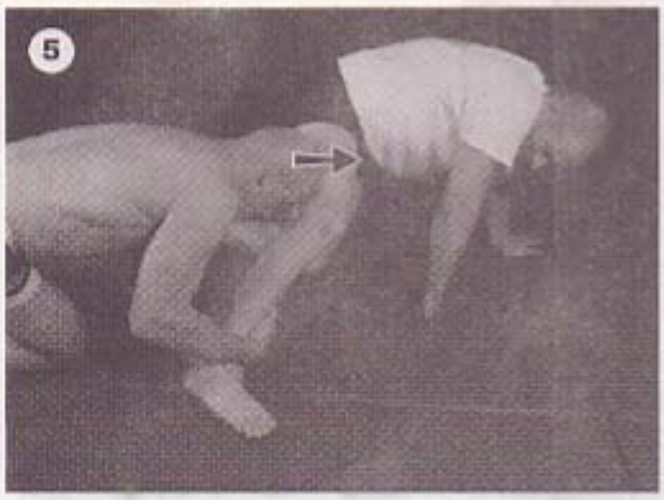
Some say this position is impossible to escape from. I don't agree.

Act fast! First put your left hand under his right leg.

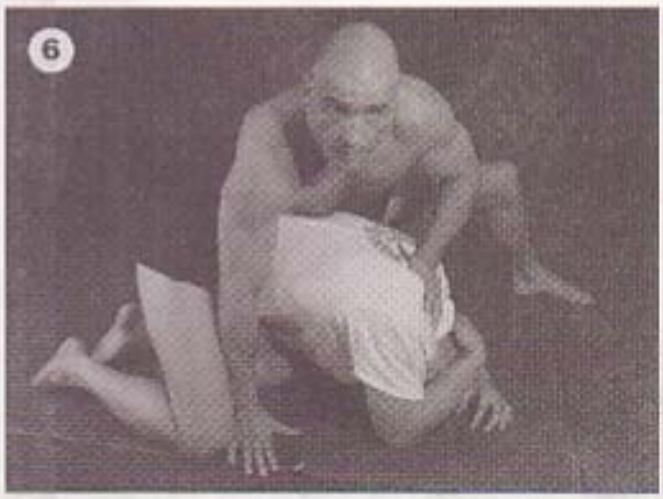
Push his leg forward as you pull yourself under your opponent.



Twist onto your belly.



Grab his right leg with both hands and push forward, knocking him to the ground.



Climb up to take his back. As you can see, there are escapes for every situation.

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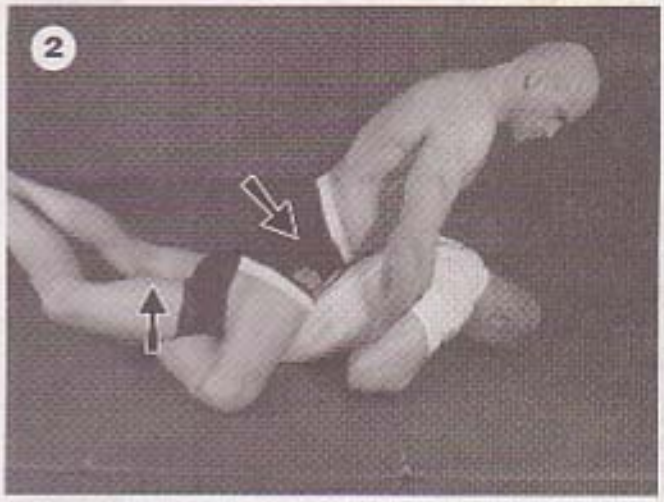
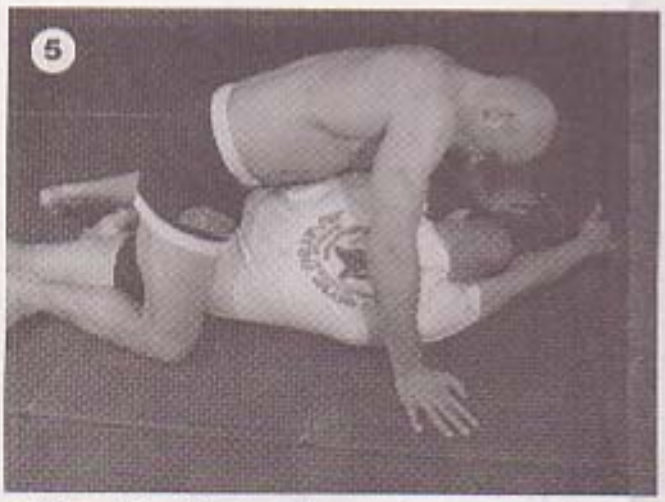
The following is for controlling your opponent when you have his back like this.



First stretch him out by leaning forward.

Keep your feet together.

If you don't keep your feet together you will lose control.



Without the hooks, he can turn toward you.

In this position it is easier for him to escape than when you had his back.

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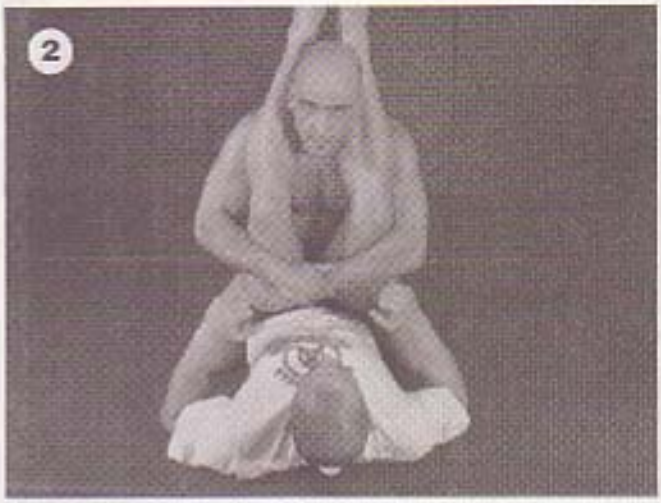
You are in his guard and you have just stuck both hands in his legs.

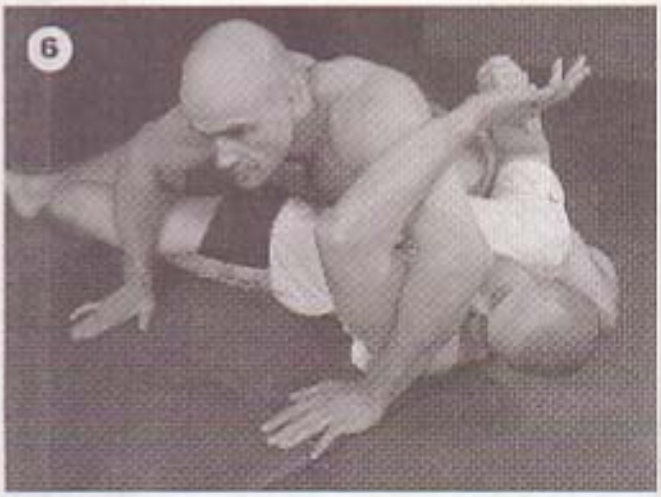


To escape, bring your arms together and lift his legs to your shoulders.

Step up keeping his legs straight.

Pull your head back and move his legs to the right side.

As you clear his legs to the right side, move down his body.



Finish in the side mount position.

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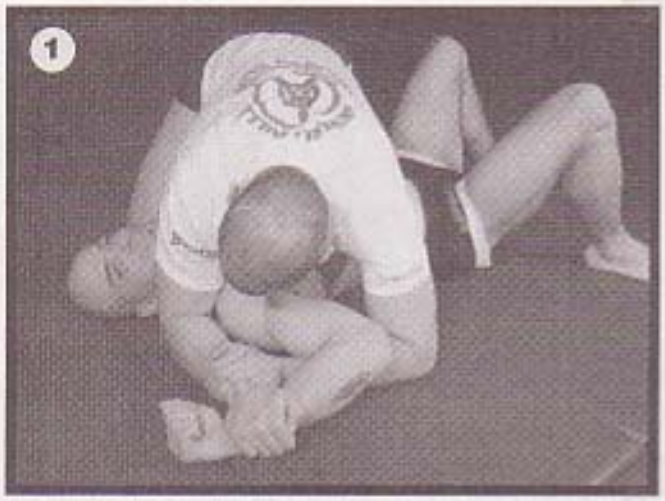
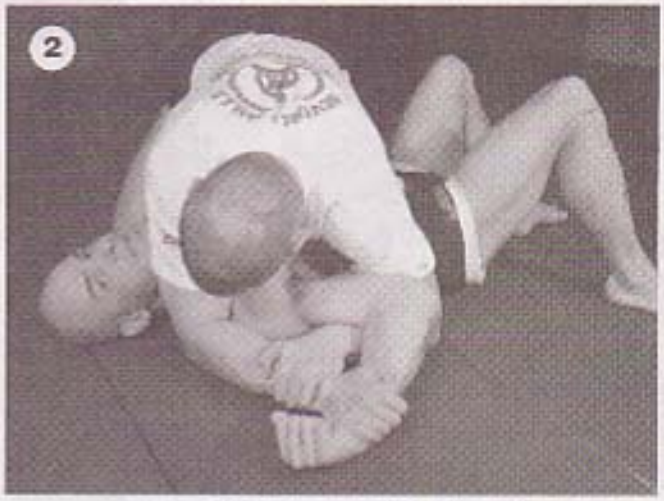


A **Hammer Lock Escape** from the side mount position.

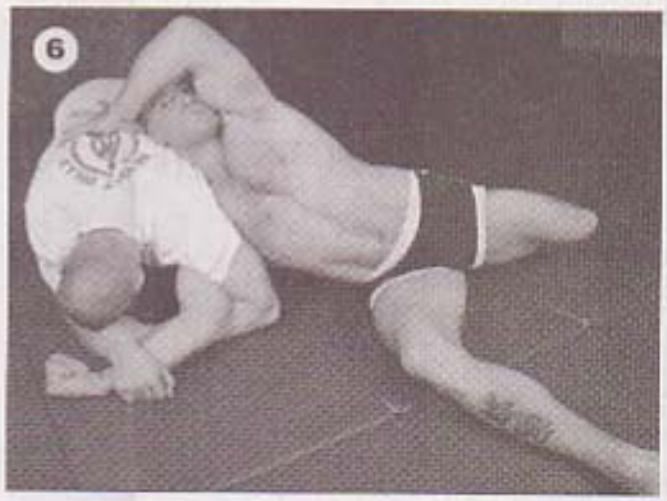


First bring your left hand underneath his body...

...like this.

Pull your body down as you push against his side with your left arm.

Pull out all the way.



Turn your body as you complete the escape, and climb on top.

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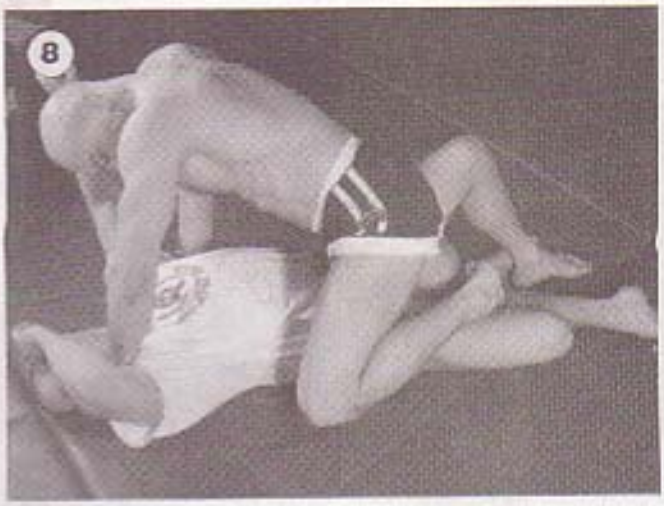
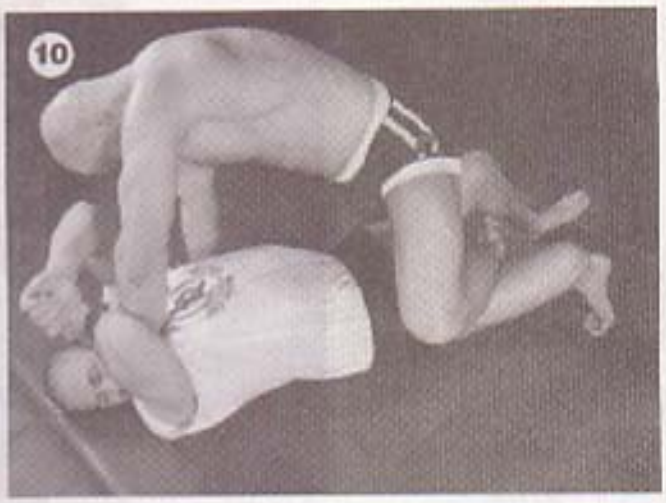
Half Guard Escape: You've broken his grip, but he still has your leg hooked.



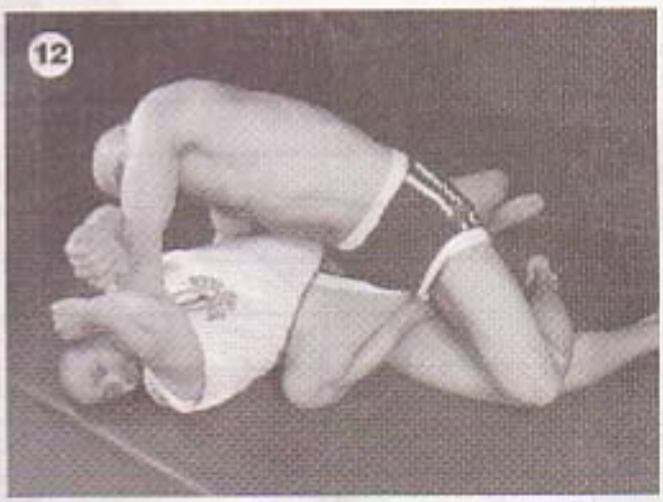
Put your left foot on his right leg.

This is how it should be done.



Now with your left shin, push onto his thigh...

...and pull your right leg out.



Put your right knee on the ground and bring your left leg out.

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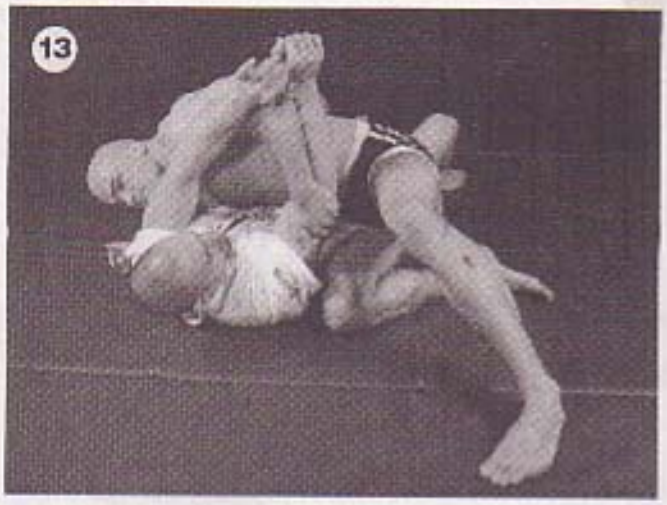

Straighten your left leg and grab his right triceps with your left hand.

Bring your knees in tight to his body for control.

Finish in the side mount position.

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My opponent and I are in the north south position.

To escape the bottom, put both hands on your opponent's hips.

Stretch your arms straight and...

...flip your body over towards your opponent.

Put both geet under his hips and pull your upperbody out.

Once here, you can stand up.

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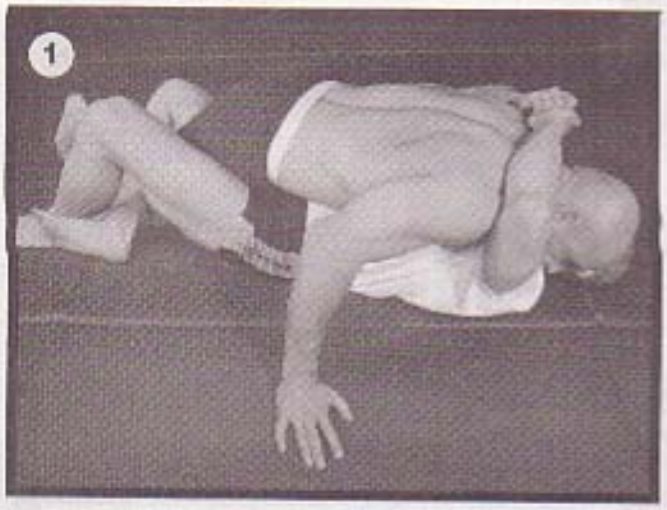

Escape the Half Guard:
Start Position

As you can see he has the leg locked tight.

To escape bring your body down...

...until your head is at his hips.

Grab both his legs and hold them tight.

Straighten your legs
and you will break his leg hold.

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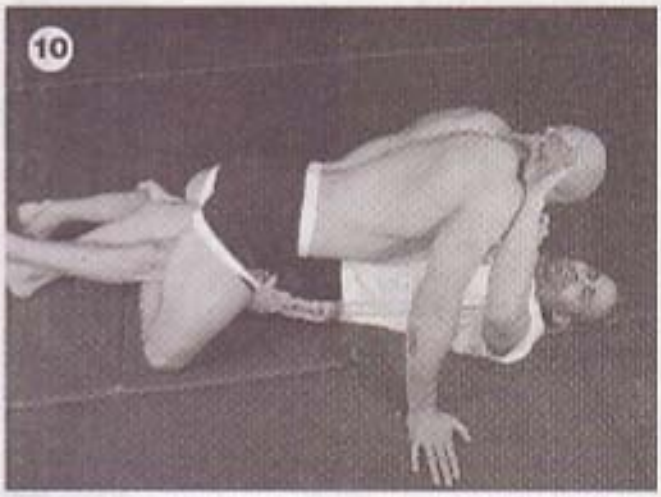
Keep holding his legs and step over with your right foot.

Under hook his legs with your right leg. Brace your right foot on top of your left leg.

Keeping control of the legs, move up his body.



You now have excellent control over your opponent.

Training Notes

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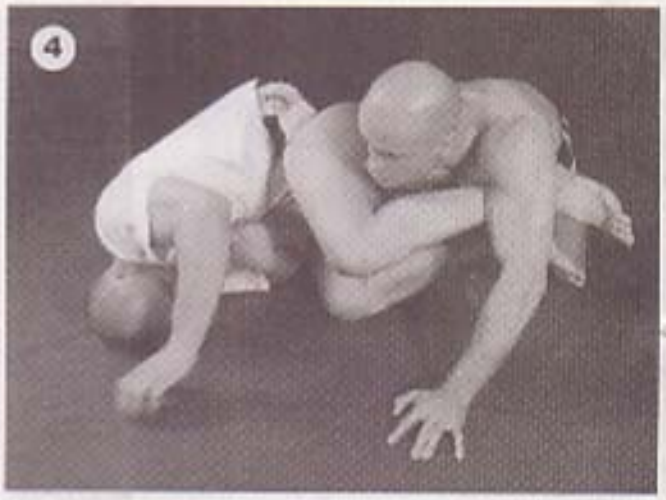
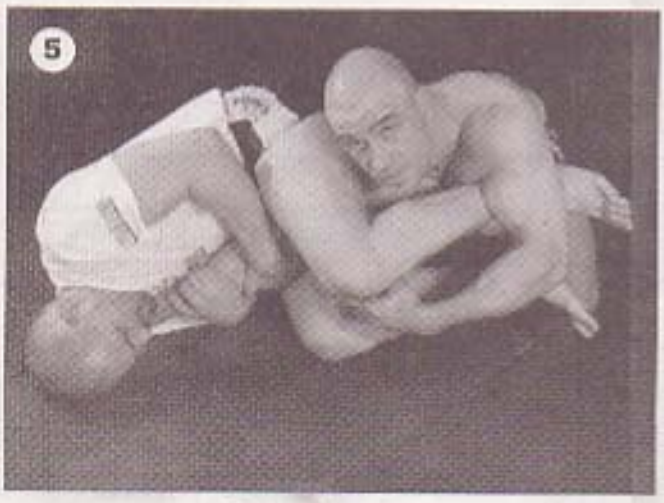
Your opponent has the armbar from underneath.

To escape, immediately bring your left arm over his left leg.

Post your left hand on the floor here.



Make a fist and twist your right arm 90 degrees to the right. You can do it!



Twist like this.

Now push his left leg down with your left hand.

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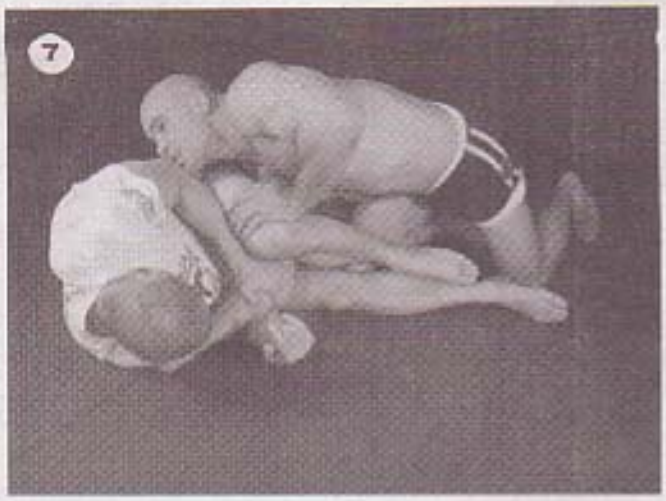
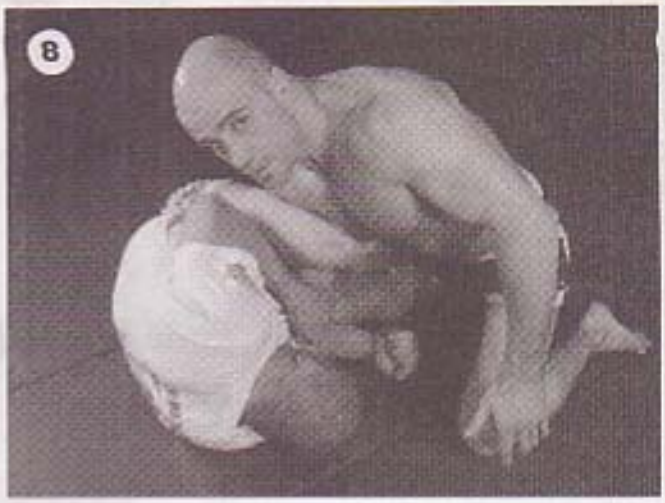
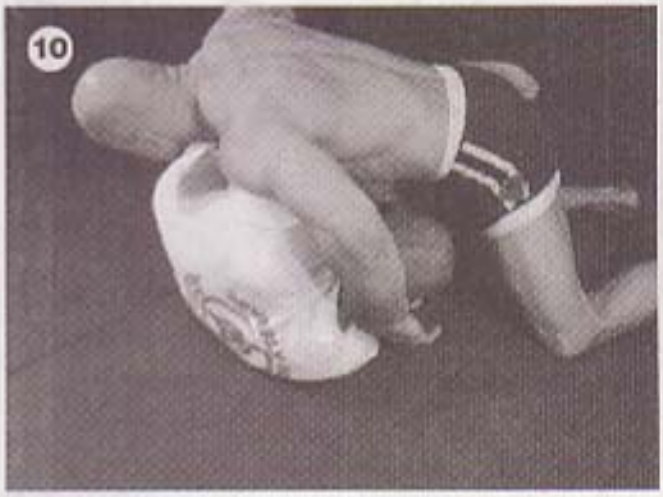


Bring your body to the left.



Move left until you are at this point.

From here move forward.



Pull your right arm out.

Move on top to the side mount position.

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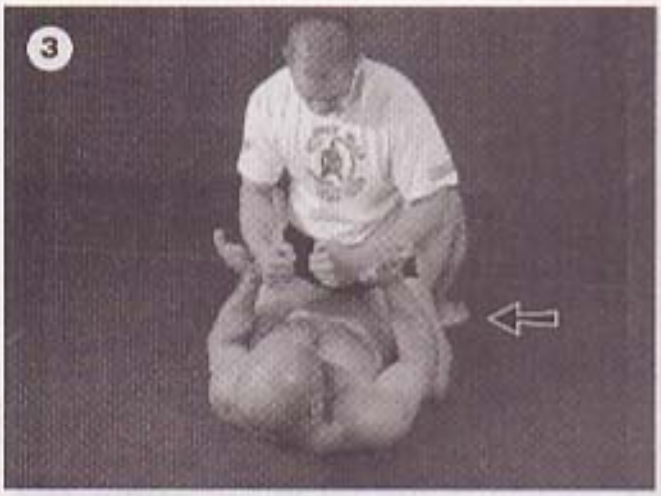
Mount Escape: With the opponent in your guard, grab his wrists so he cannot punch.

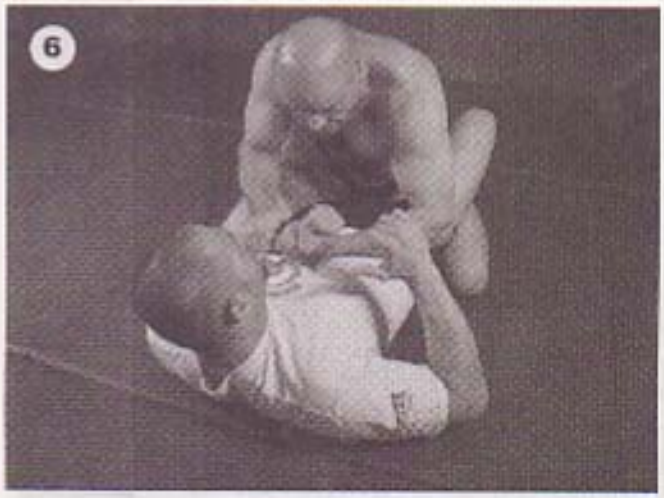
Bring your right foot up and trap his left foot.



Like here, he cannot post his foot out now. Let your left hand go.

Now quickly grab his left wrist with both hands, pulling him right as you bridge.

Keep hold of his wrists while rolling over to the right side.



Roll on top, you are now in his guard.

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Armbar Escape:
Start position.

When your opponent attempts a straight armbar...

...immediately lean forward putting all your weight on his legs.

Slide your right hand to your left biceps so that you have a strong hold.

Put your left hand behind his left knee. Keep pushing your weight downward!

Now you will distract your opponent.

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Start smashing his face with rapid knee strikes.

The knee strikes will cause him to panic.

At this point he will try to block your knee.

When he reaches for your knee, bring your body up.

From here slam your body weight down.

When down, pull your arm out from his grip.

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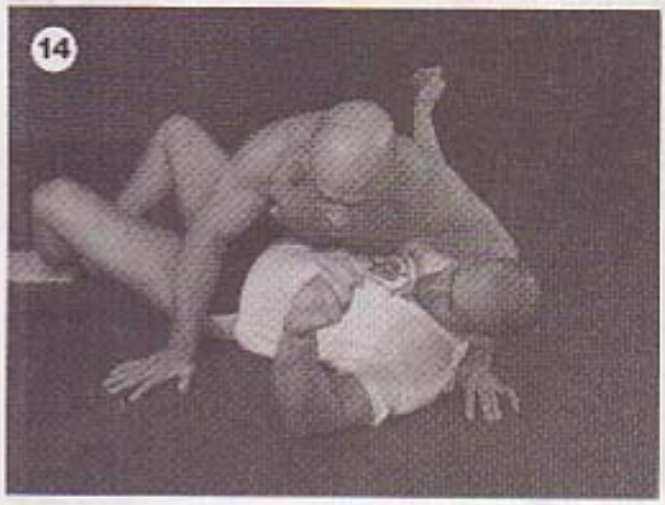
Bring his right leg around to the left side.



Once you have cleared his right leg drop down to the side mount position.

Training Notes

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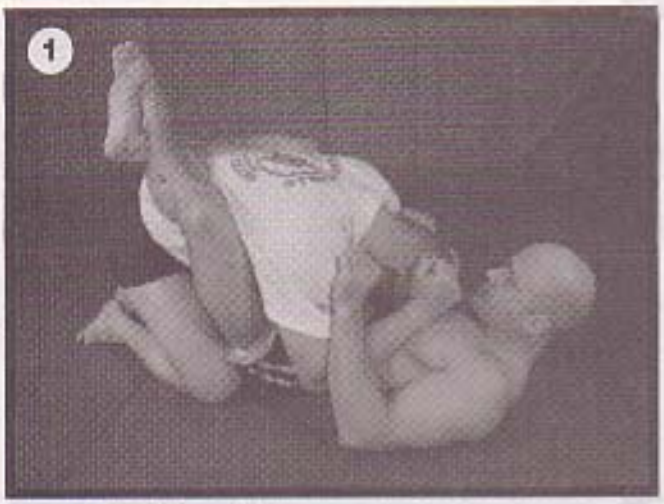

From the guard, reverse to a mount position.

As your opponent steps up with his left leg, keep your guard closed.

Grab his left ankle with your right hand.

Next place your left arm under his right arm.

Grab the back of his arm here and drop your left leg onto the ground.

Now in one fast motion, stretch your right leg and pullh is arm to the right.

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Roll over on top of your opponent.

You have now reversed to a mount position.

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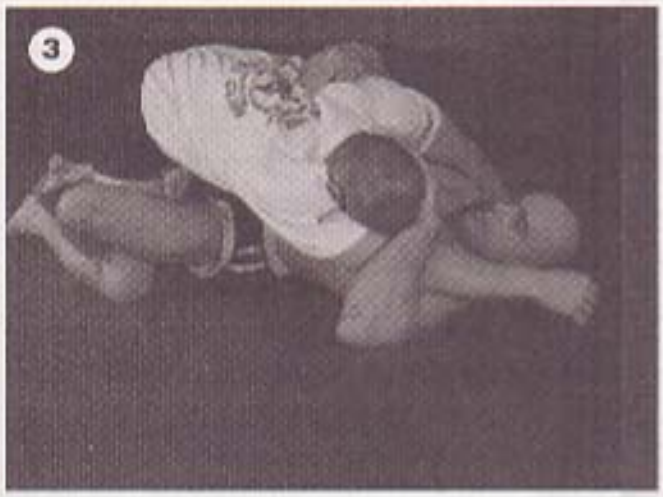
Your opponent is in a half butterfly guard.

Your left leg is around his right leg and right foot at the back of his left knee.



Slide your right arm under his left armpit and hold his head with your left hand.

At this point kick your right leg up and turn him to the left.

Roll him onto his back.

Bring your legs back and secure him in the side mount position.

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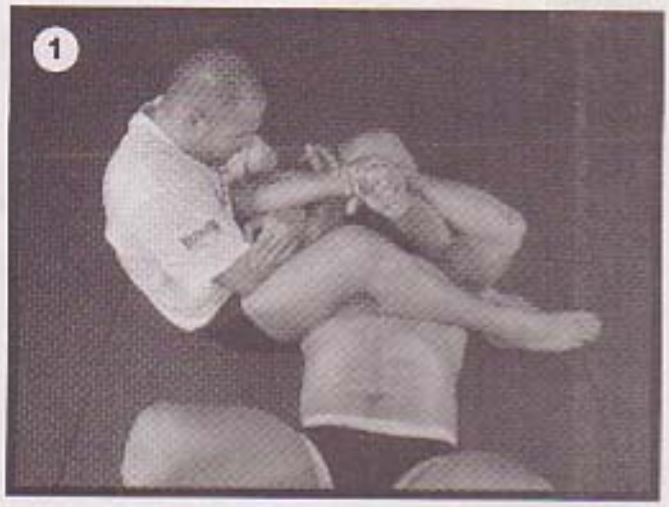
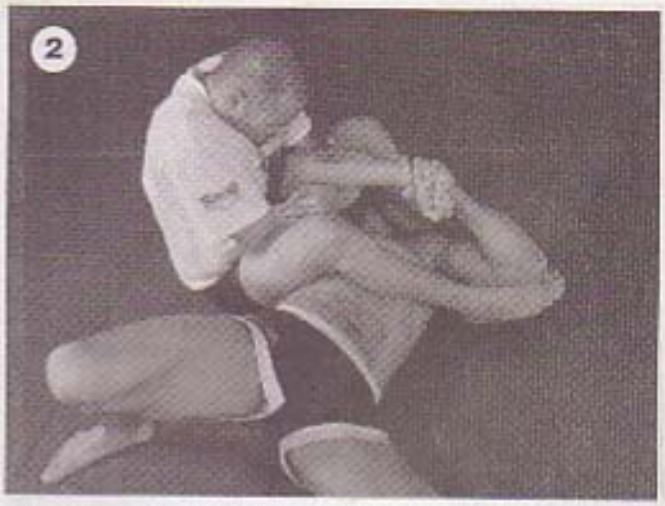
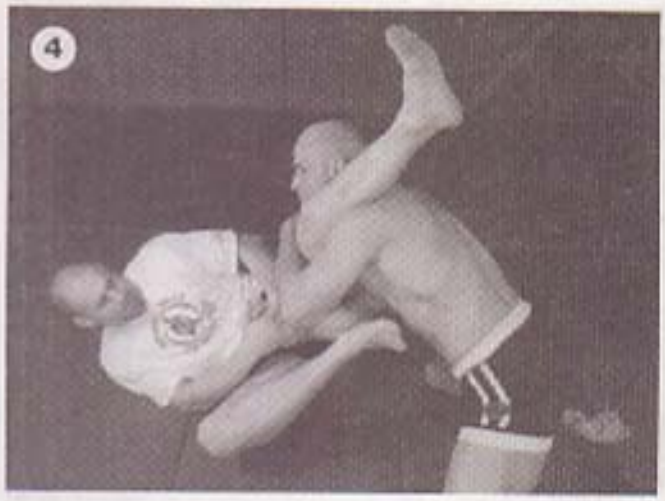


Armbar Excape: He tries to break your grip to go for the straight armbar.



Keep your grip tight pulling your right arm and body to the left.

Now explode to the right, pulling your elbow out.



Get up and hold his leg tight.

Get behind his back while keeping control of his left leg.

Release his leg bringing your left arm over his body, finish in the side mount.

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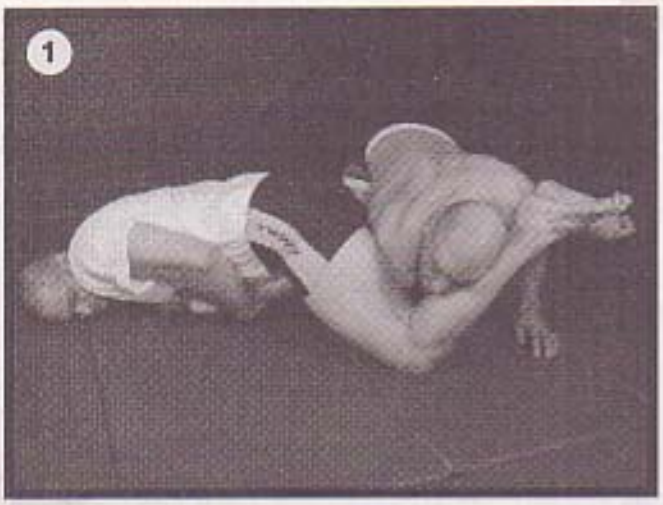
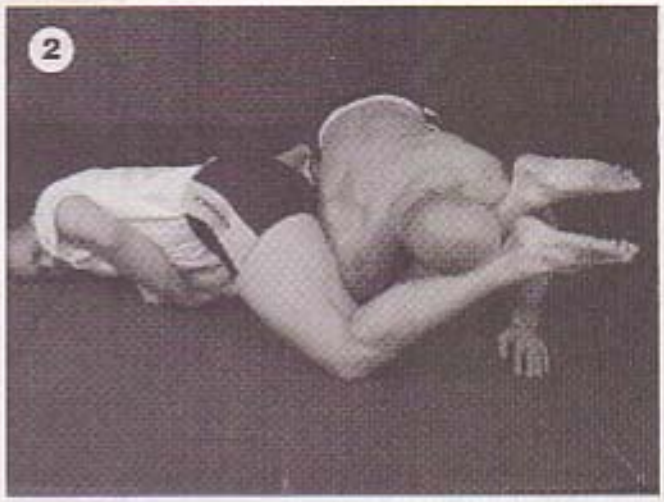
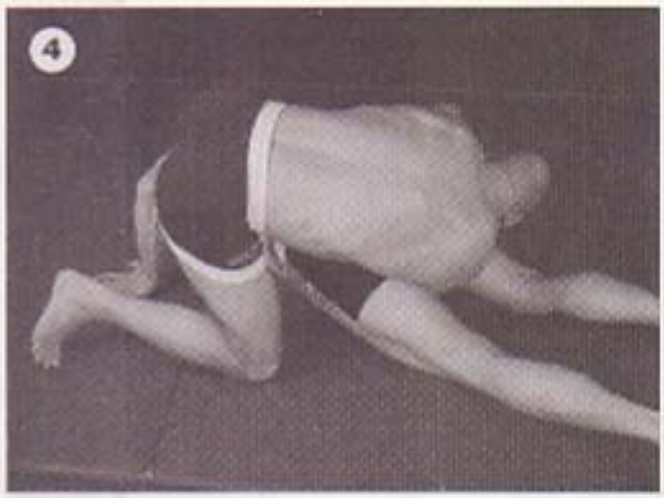


Another armbar escape for you.

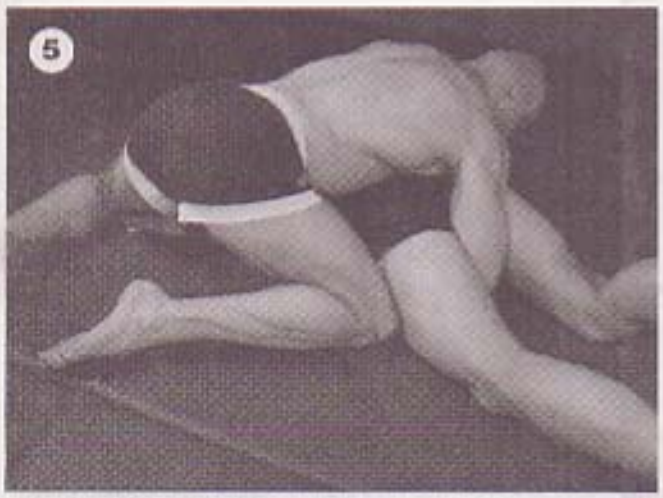


Immediately turn your body to the right.

Keep turning right and climb over him.



Continue to the other side pulling your right arm free.



Control his left leg with your right arm and take his back in the side mount position.

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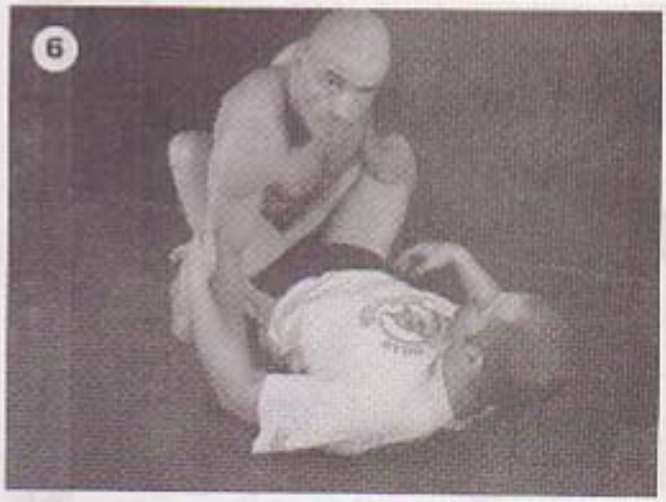
A technique for escaping the butterfly guard.

Personally I would simply...

...push down on his knees and stand up to strike.

Let's rumble!

But if you are a grappler and prefer ground combat...



...push his right knee down.

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Lean on his stomach with your head.

Reach under his left leg with your right hand.

Grab his right foot for control, so that you can pass it.

Keep low with your head.

Pushing his right knee down.

Slide your right knee over his leg.

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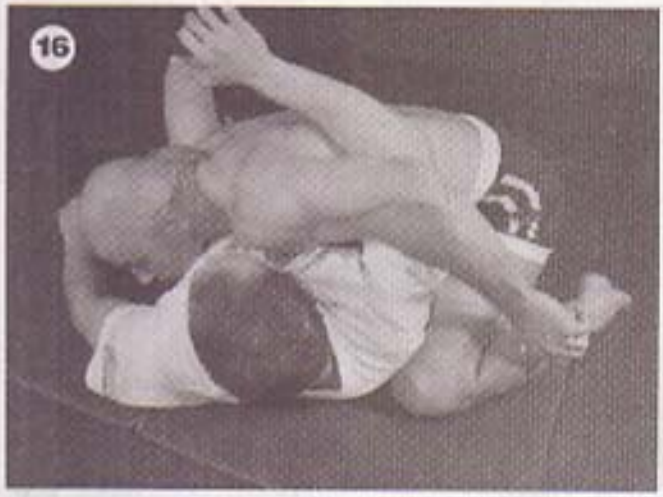
Bring your knee to the ground, against his body, keeping your head on his chest.

Grab his right triceps with your left hand and pull his arm up.

If you pull it up...



...you can slide your left knee under it.

Place your right hand in front of his body as you side mount.

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The following techniques are for reversing from the guard to mount position.

First grab his left wrist with your left hand.

Slide your right hand over his left forearm.

Now grab your left wrist with your right hand.

Pull his hand down to see if the wrist hold works as a submission.

If the wrist hold does not work go for the escape.

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Grab his arm again like this.

Push his elbow to the left side and post your left foot out.

Push his arm down and squeeze it between your left arm and your body.

Now I can control his arm with only my left hand.

With your right hand grab under his right armpit.

Pull your body out from under him.

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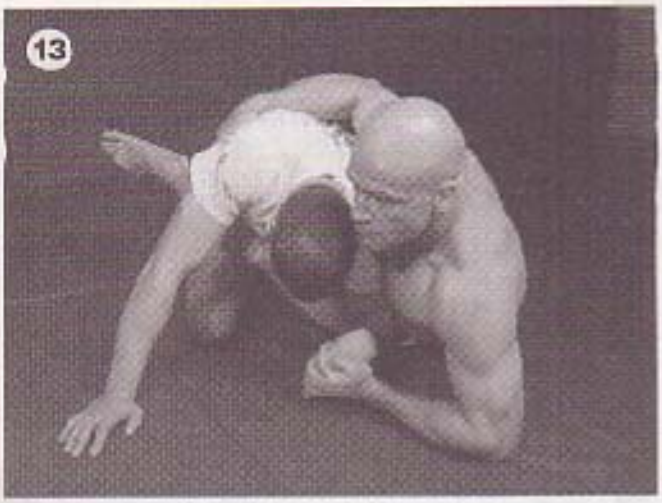
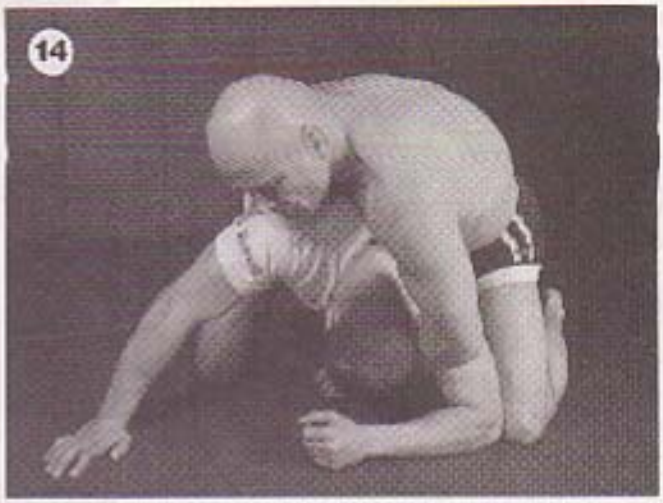
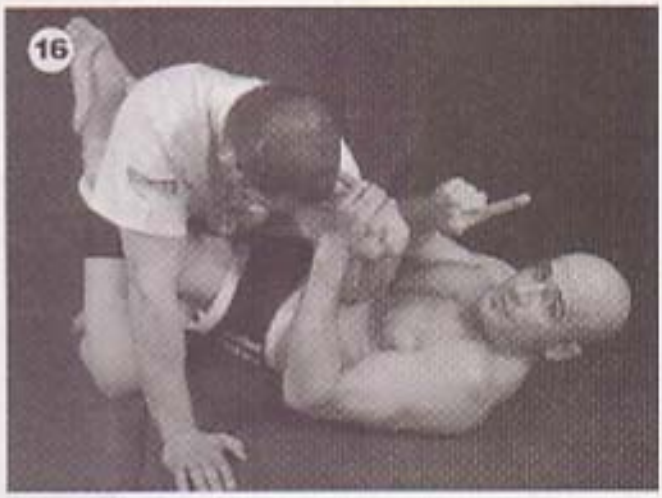


Continue pulling up.



When you are at this point.

Gross face him with your left arm and take his back.



Now another similar escape with the same move.

Grab his arm in the same way.

Open your guard, turn your hips right and slide your right knee into his stomach.

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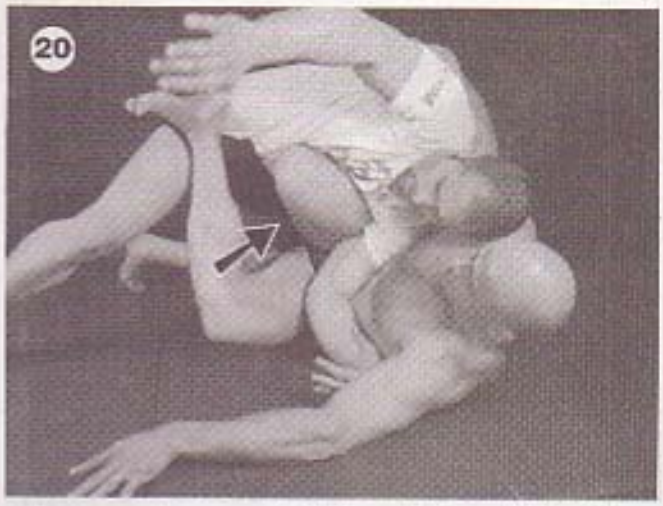
Grab under his right armpit with your right hand.

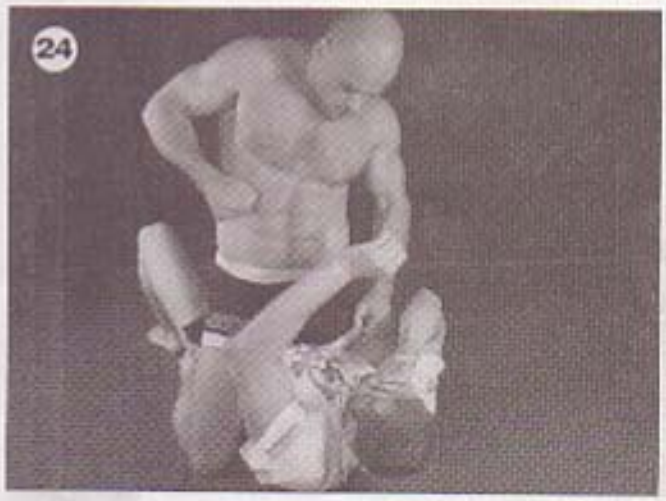


Now push your right leg to the right side.

Roll him over.

He falls on his back.

Pull yourself up on him.



Go to the mount position ready to strike his head.

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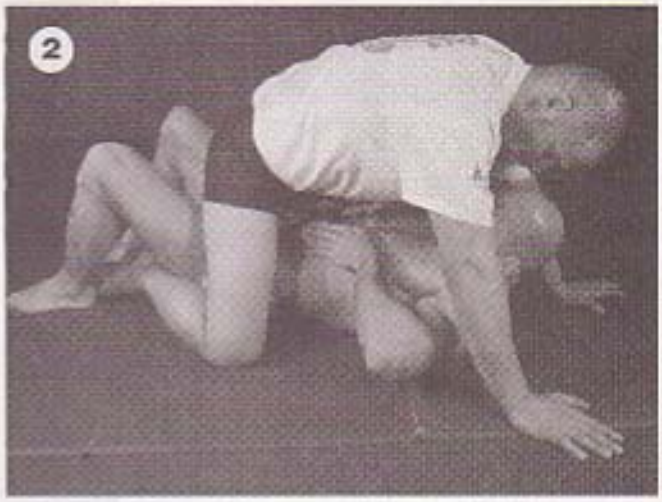
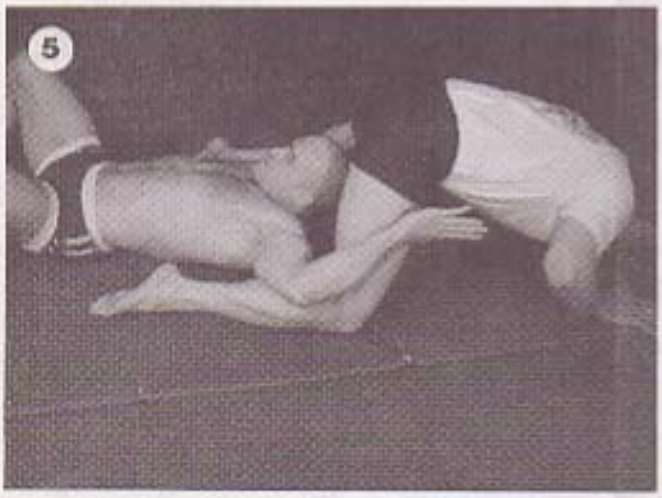
Escaping the Mount: As he punches you, bridge up to throw him off balance. (It's not shown here, but do it.)



The bridge will cause him to fall forward with both hands on the ground.

Now slide your hands underneath his legs.

Quickly bridge up again and pull your body under.



Pull all the way out and escape.

Now turn into your opponent...

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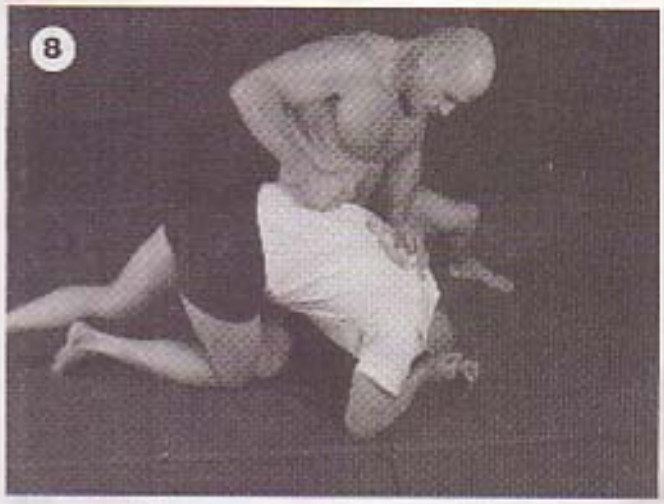
...to take his back.



You are now in a position ready to strike.

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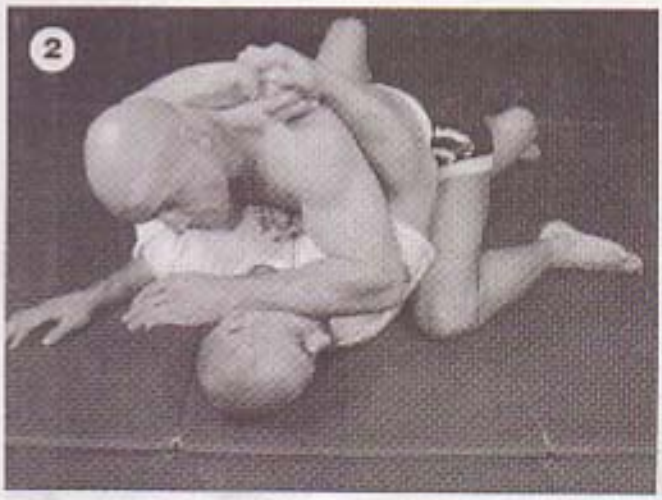
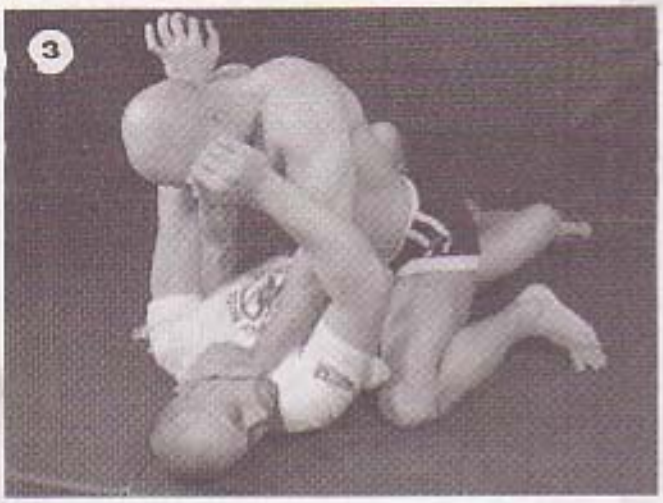
I will demonstrate how to escape your opponent's half guard.



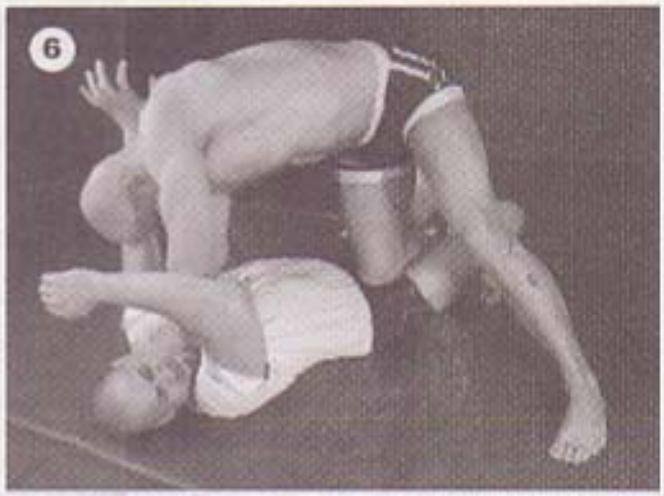
Start by cross facing him with your left arm.



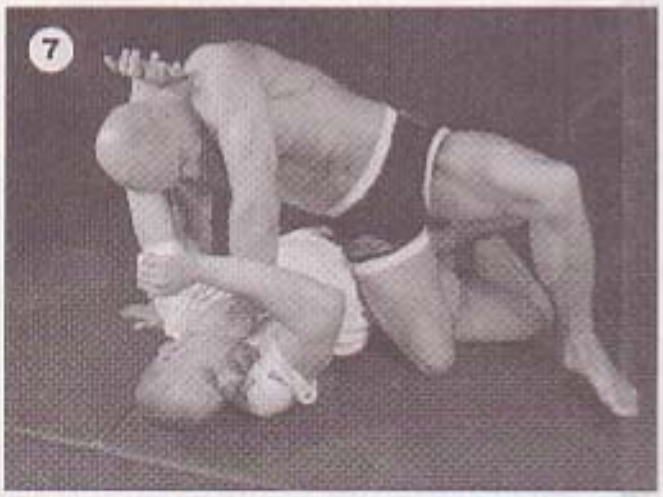
Place your left palm on his face and push up to break his grip.

This is his half guard leg hold around my right leg.

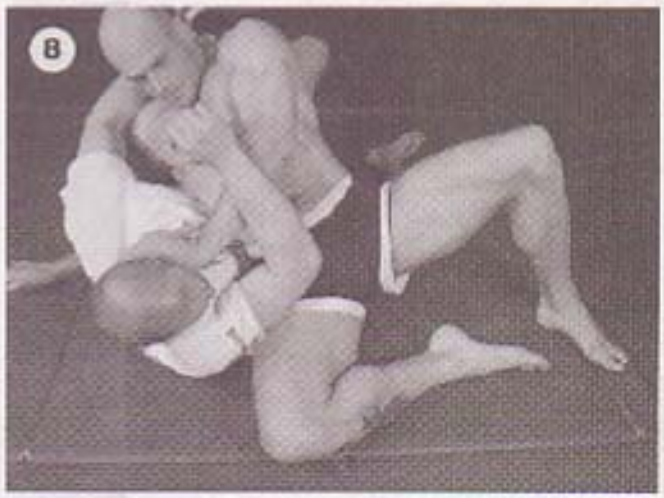
To free your right leg push yourself up.



When you come up, begin pulling your knee out, with short explosions.



Place your right knee on the floor.



Pull your right leg out and forward. You now have side control.

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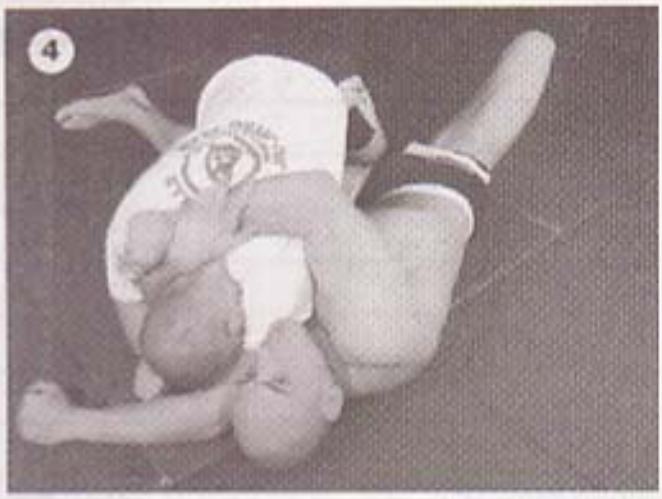
Reversal: You have your opponent in your guard with a side choke hold.

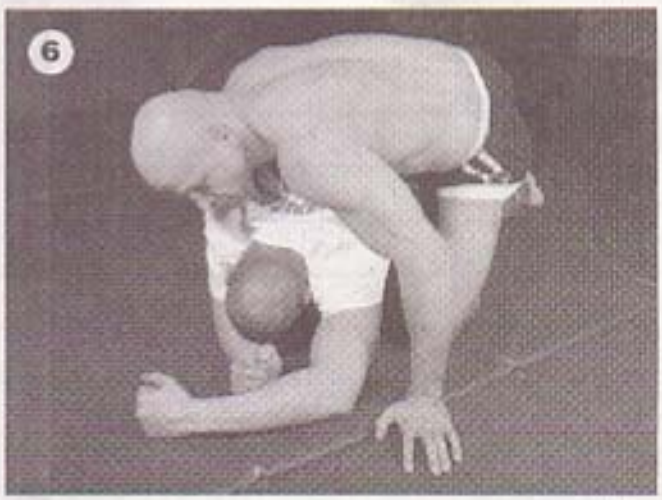
Your opponent defends against the choke by bringing his left hand up.

You are now unable to finish him with the choke.



If this happens, open your guard and climb out from underneath.

For control, hold his right shoulder with your right hand as you escape.



Continue on to your opponent's back.

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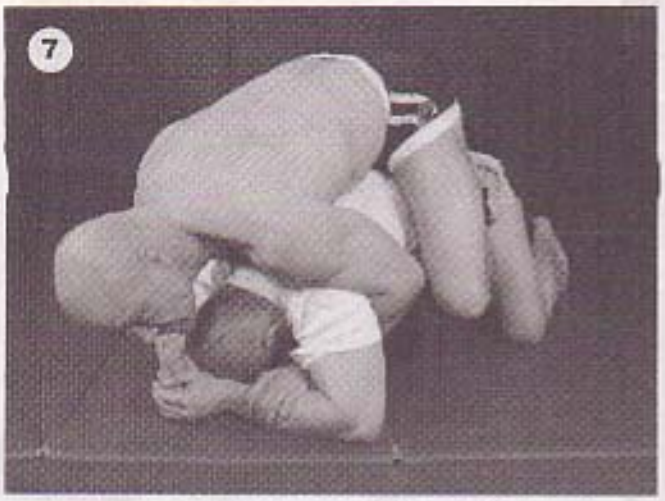
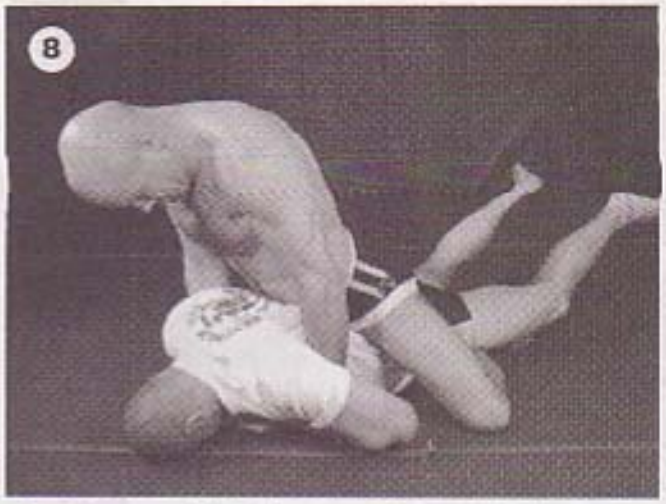


Immediately grab his wrists, putting your heel hooks under his legs



Push your hips down and stretch him out.

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From your guard you will reverse to the mount position.

When your opponent stands up to break your guard...

...open your legs.

Drop your butt down and grab his ankles.

Now push him backwards.

When he falls on his back...

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...quickly climb forward on top.

You have now obtained the mount position.

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Chapter 5

Stand-Up to Ground Fighting Combinations

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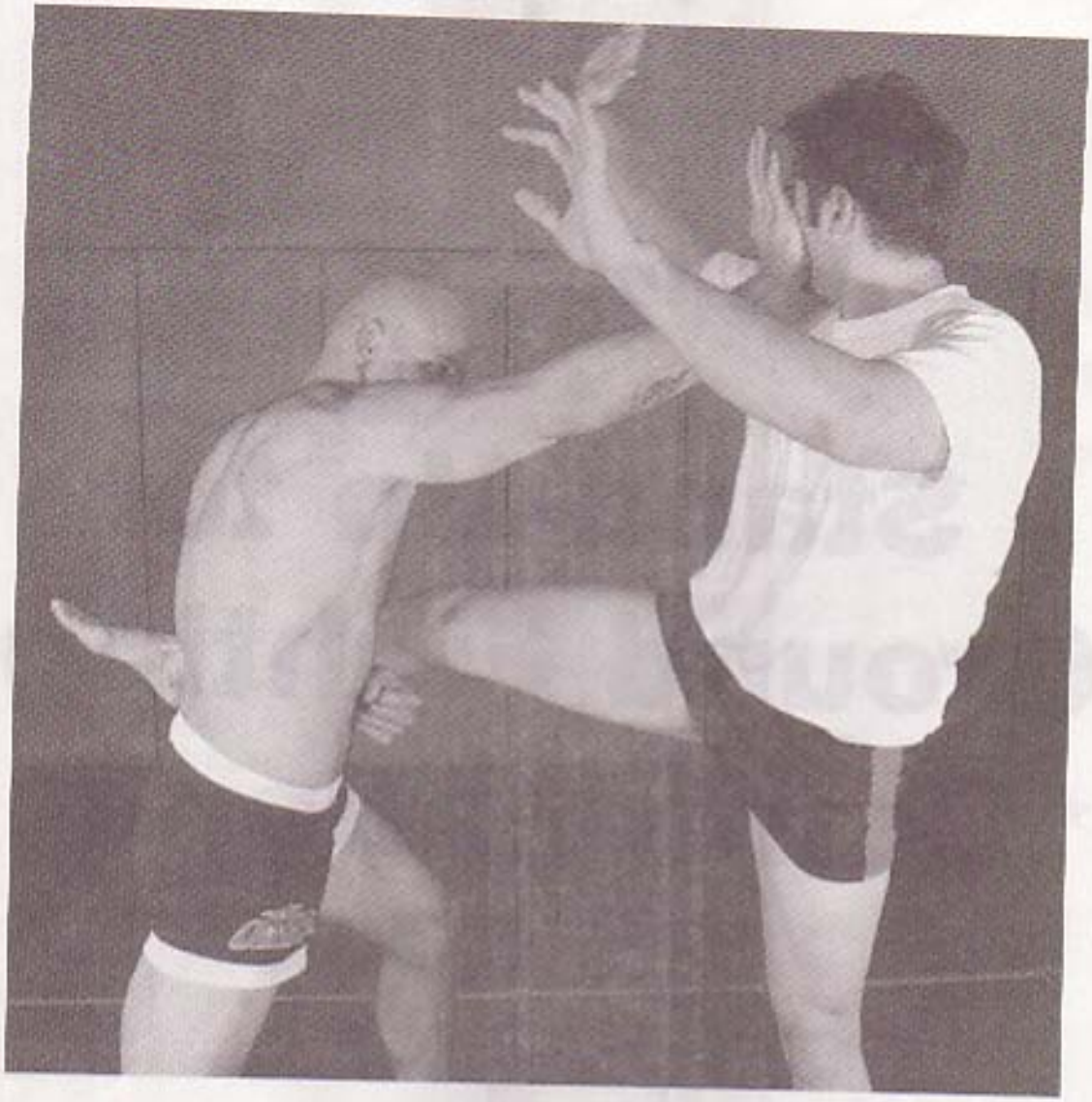
Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.



"In single combat, if the enemy is less skillful than ourself, if his rhythm is disorganized, or if he has fallen into evasive or retreating attitudes, we must crush him straightaway, with no concern for his presence and without allowing him space for breath. It is essential to crush him all at once. The primary thing is not to let him recover his position even a little."

—Miyamoto Musashi
A Book of Five Rings

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Stand-Up to Ground Fighting Combinations

The title says it all. We start in a standing position, make some striking combos, and take the fight to the ground where we are going to finish it with submissions or strikes. Sometimes I will leave a striking combination out.

Keep things simple, distract your opponent with some strikes and then use that distraction to take him to the ground. On the ground use the same concept: distraction and then the finish.

The best thing for you to do is to make sure that you attack right away when you have him down. If you give him time to think he can adjust to the situation. So make sure that at the moment you take him down you make the transition right away to a submission finish or a striking combo finish.

For example: when you do a double leg, you are in the right position to go for a knee bar. So why not do it right away at the moment that he is still thinking about breaking his fall? See? Don't give him time to think, that is the most important point of this chapter. It's a race that YOU are going to win, either by submission or "ground and pound"!

The ones that I have included here are some of my favorites. Enough talking... the pictures will show it all.

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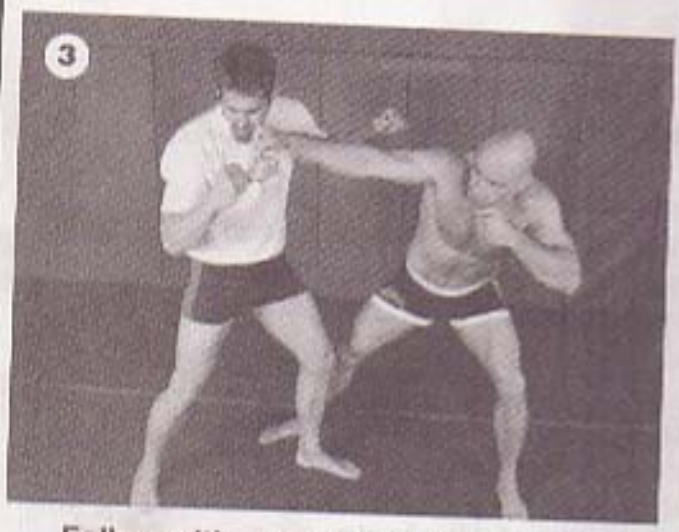
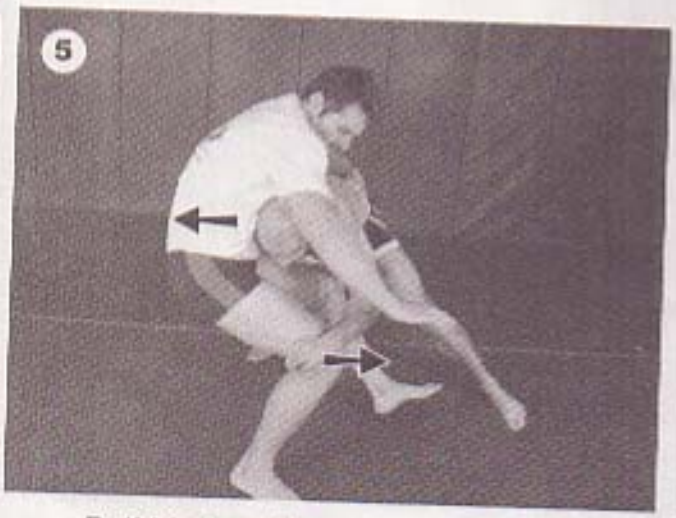
Start by facing your opponent with hands up and right foot back.

Strike the face with a left straight punch.

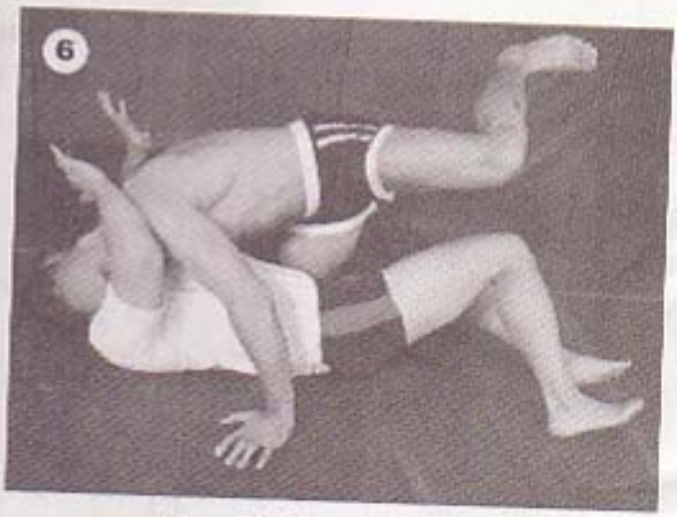


Follow with a right straight punch to the jaw, and step in with your right foot.

Drop under, grabbing both legs behind the knee.



Pull his legs in as you push hard against his body with your shoulder.



He will fall on his back as you take him down.

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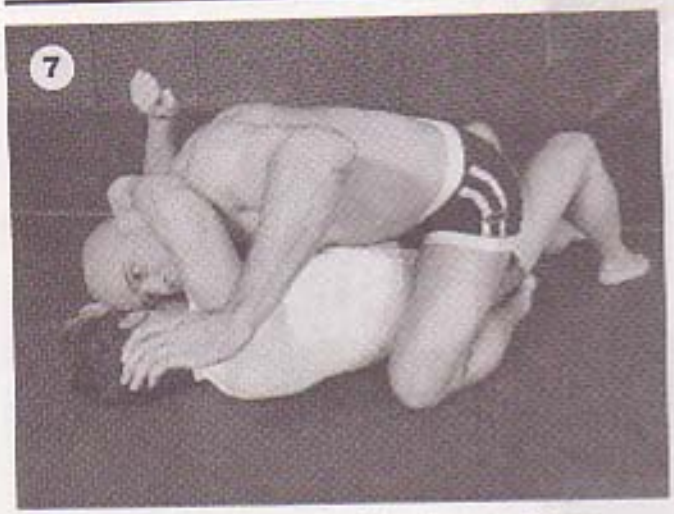
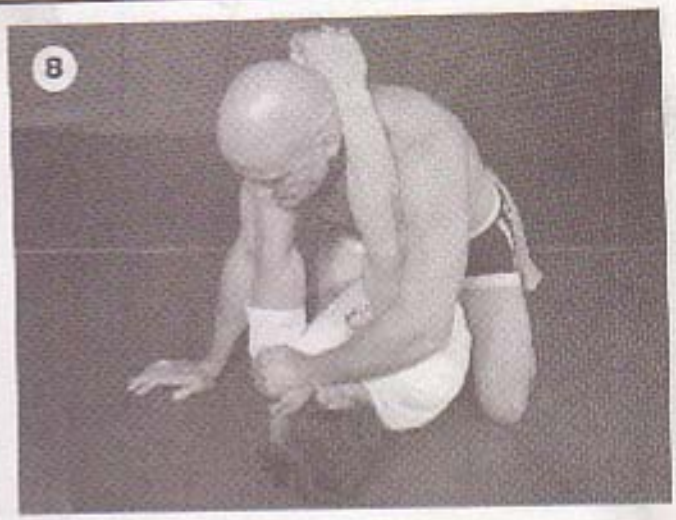


Immediately go to the top position.

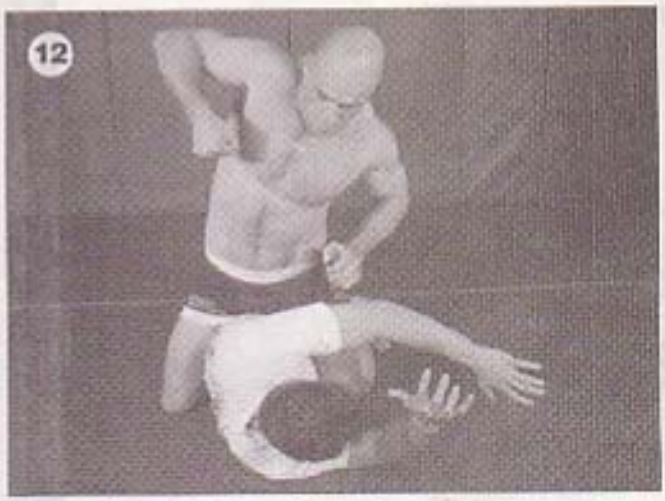


Cross-face him with your left arm.

Sit up straight to create striking distance.

Strike with a right straight punch to the jaw.

Follow with a left straight punch to the jaw.



As he turns over to escape...

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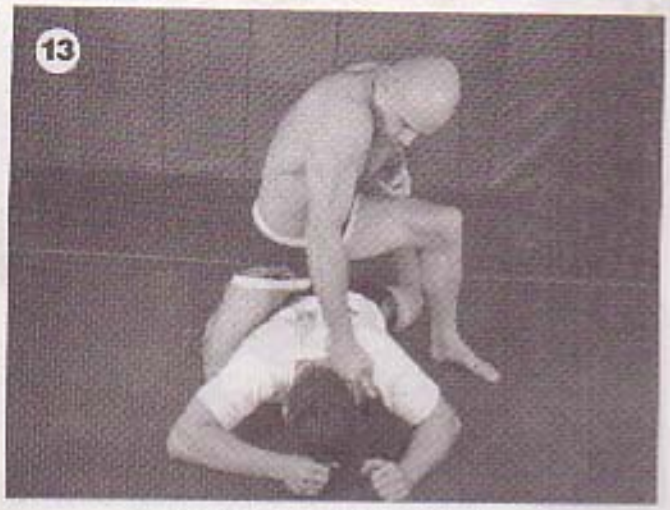
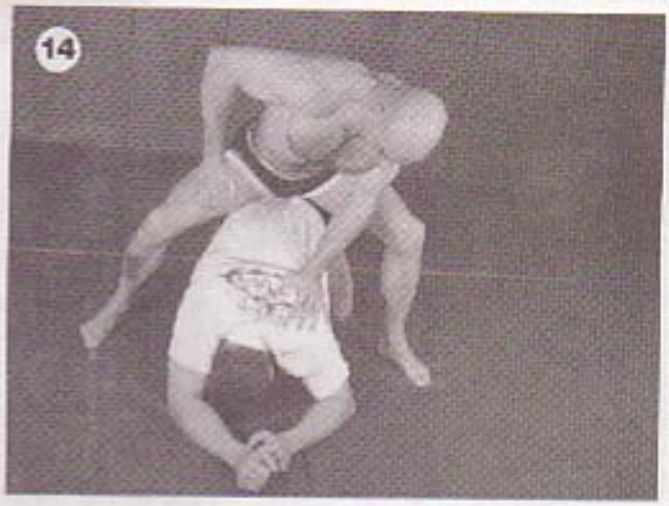


...continue punching the head.



If he rises up in the turtle position.

Sit on him, putting your hooks (heels) in tight under his thighs.

From this position lean forward grabbing both wrists for control.

With an open hand...

...grab his forehead and pull his head back to create space.

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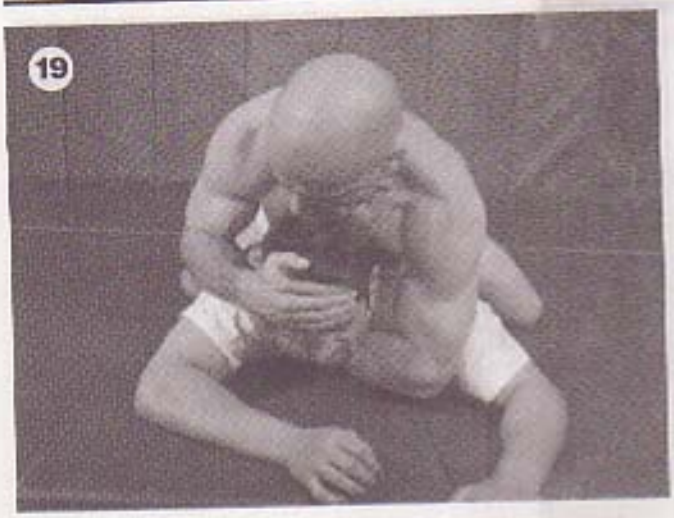
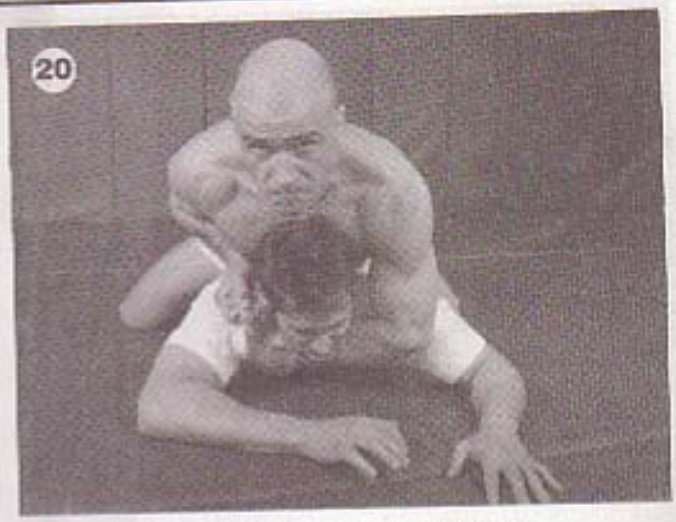
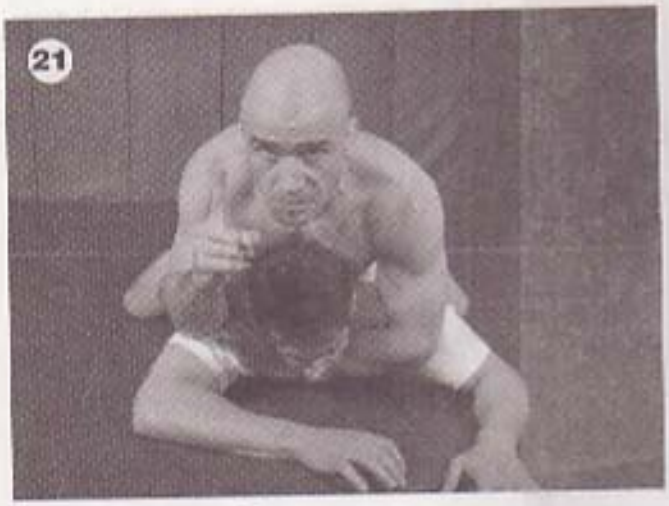


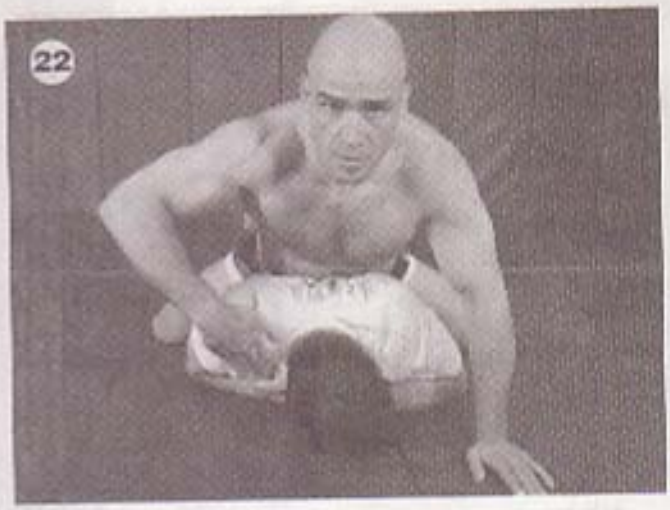
Bring your right arm around his throat.



Clasp your hands together and apply a choke.

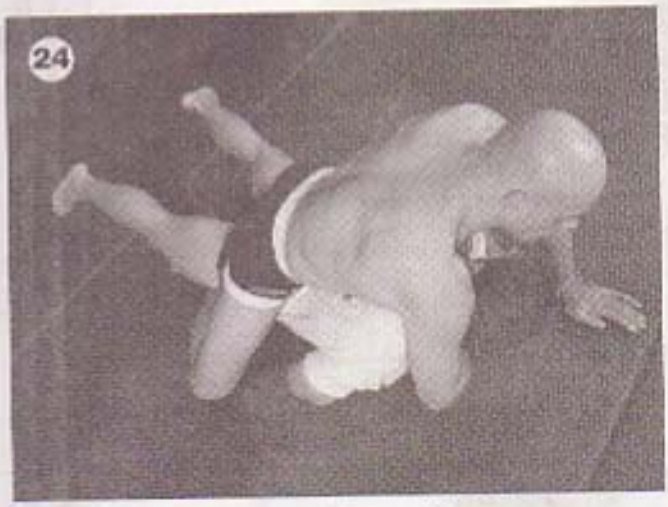


Or you can...



...open your right hand and...

...slide it under his jaw.



Now from this position...

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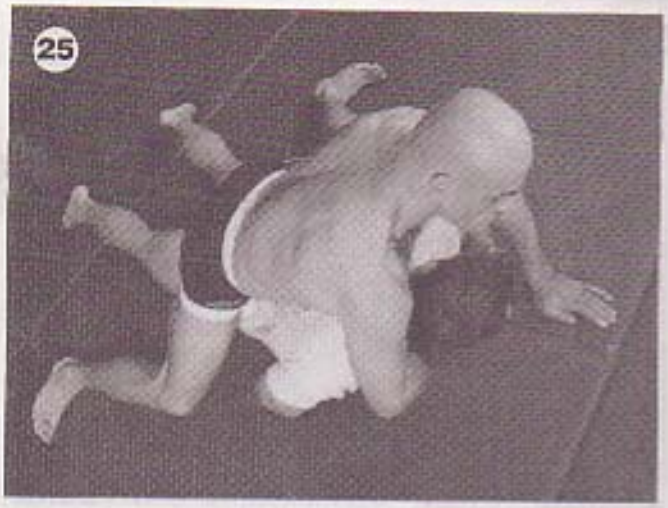
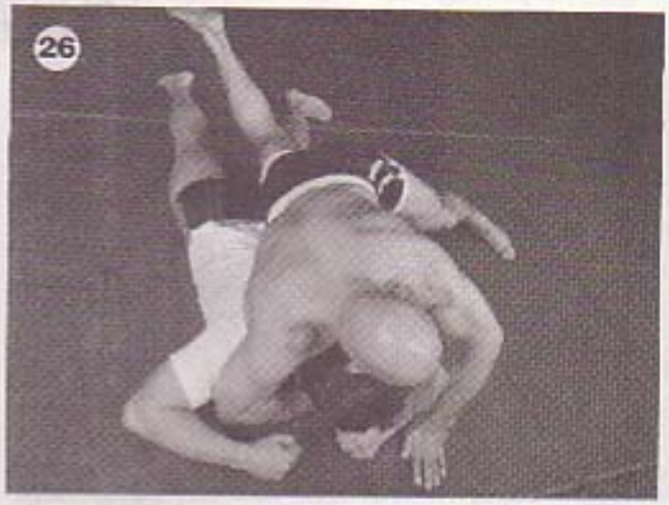
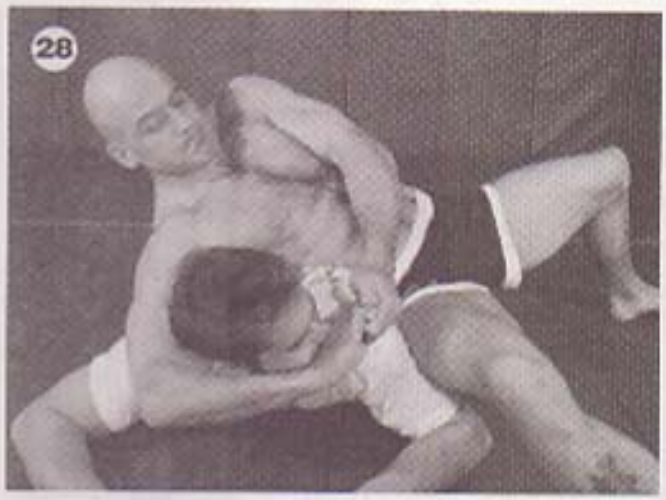


...open your legs.



Step over to the left side of his body.

With your legs wide apart, grip your hands together tightly around his jaw.



Now apply a painful neck crank by lifting his head up as you lean back.

Training Notes

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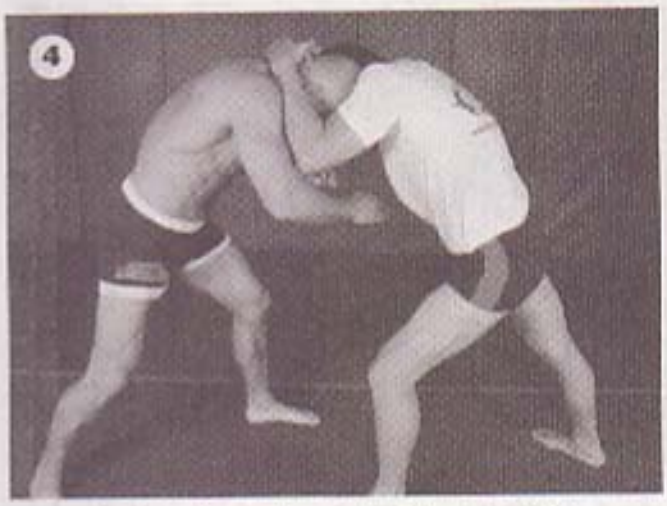
Start in a fighting stance.

He attacks by grabbing your neck, quickly drop your hands to block a knee strike.

Block his left knee with your right arm.



As he attempts a right knee strike, bring your right arm down to block.

When he strikes, push his right knee away from the outside with your right arm.

Hook your right arm under his right knee and drop down in a wide stance.

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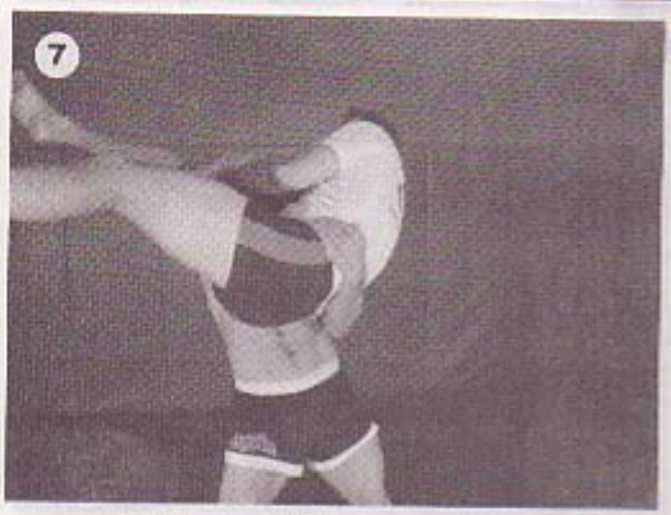


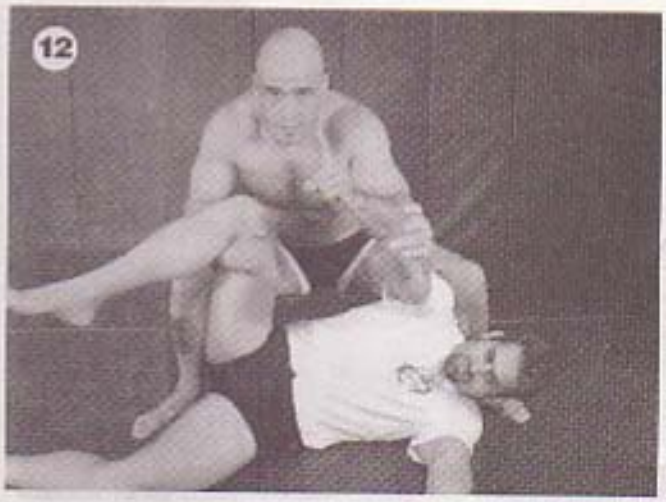
Holding onto his leg and back straighten your legs up lifting him high.

Slam him to the ground, on his back.

As he hits the ground, step over him with your left leg, continue to hold his right leg.

Fall back pulling his leg straight, wrapping your legs around his, your heels together.

Apply a knee bar by securing his left foot against your right cheek, bridge your hips.



Another technique you can do from this position...

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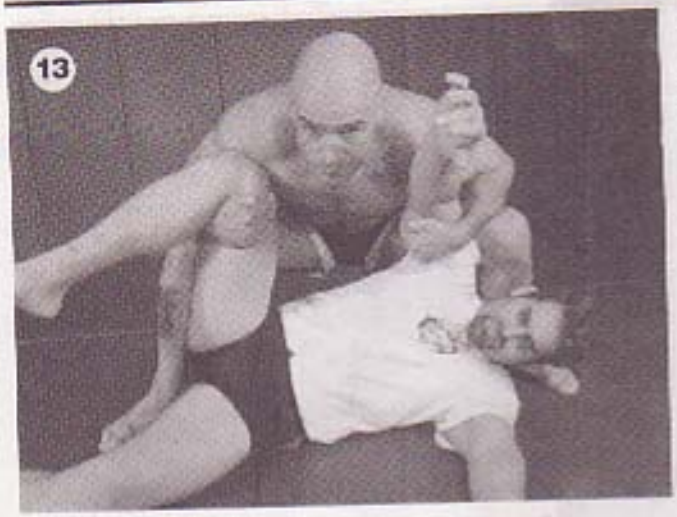
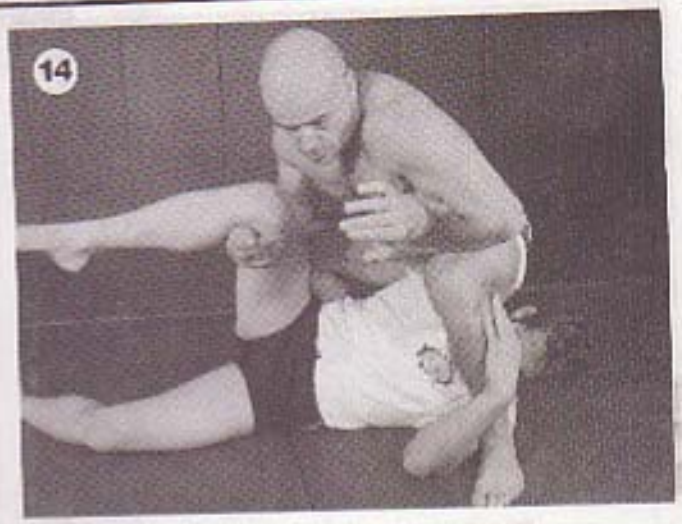
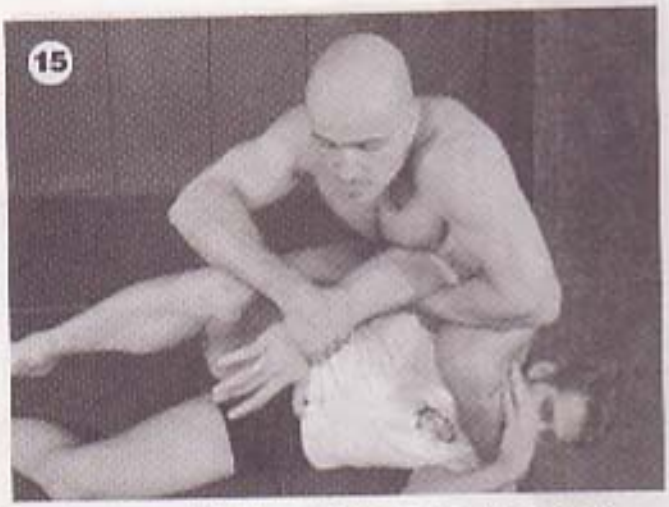


...is to grab hold of his arm.



Step over with your left foot in front of his face.



Let go of his leg with your right hand and grab his right arm.

Drop back and apply an armbar.

You must bridge your hips high when executing an armbar from this position.

Training Notes

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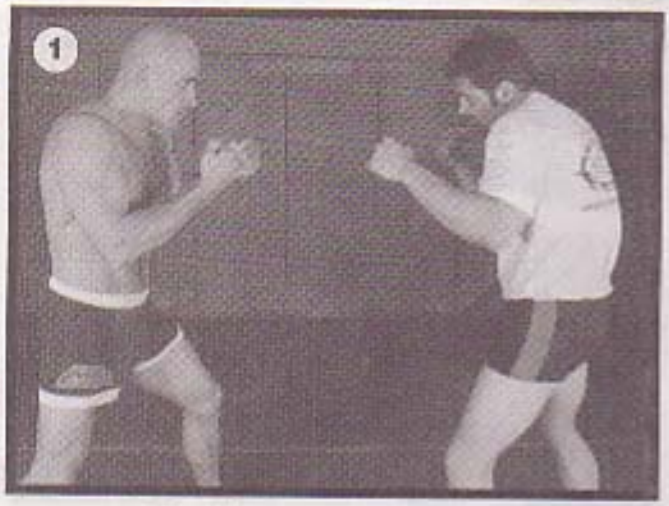
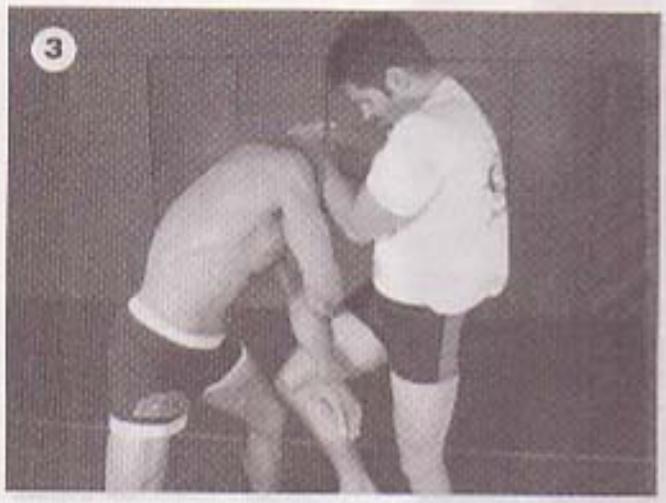


Start in a ready position with your right foot back.

As your opponent clinches, block his left knee with your left arm.



Block his right knee by crossing both your arms.

He now applies a very dangerous front guillotine choke.

Immediately drop down putting your left arm between his legs.

Stand up lifting your opponent high into the air.

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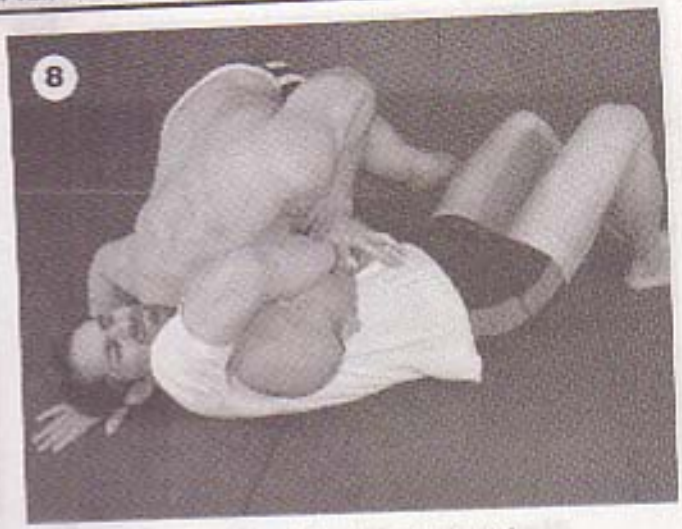
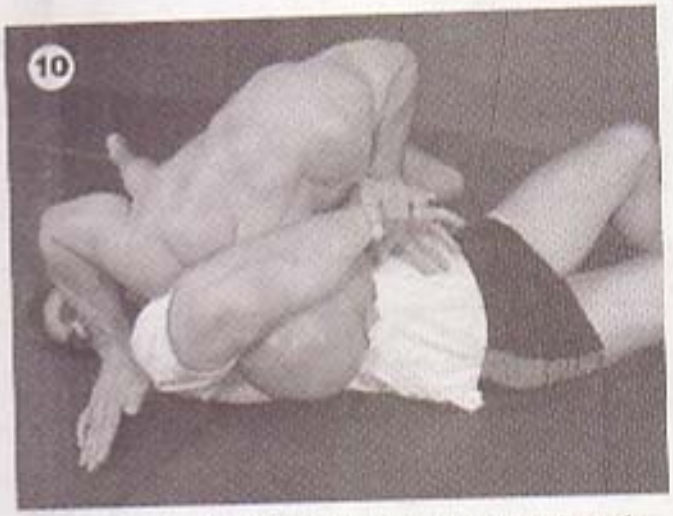
Drop your opponent hard to the ground, with him landing on his back.



As he hits the ground land your body weight on his stomach.

With your right arm, cross face him.



Grab his right wrist with your left hand pushing his arm off your neck.

Bring your right arm under his armpit and through his arm.

Hold his arm with both hands.

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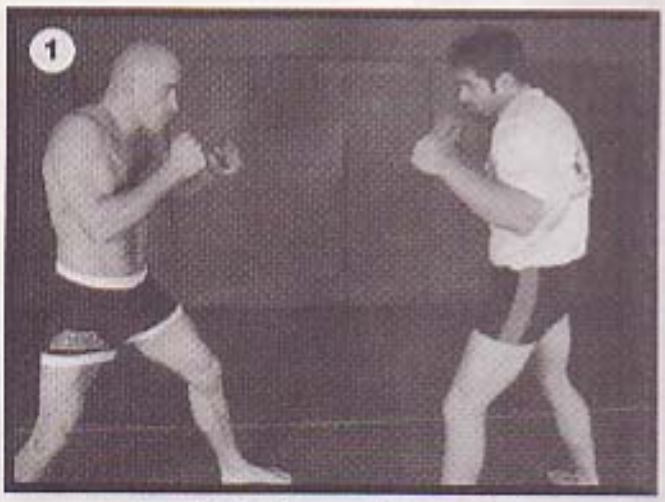
Step over with your right leg for added leverage.

Apply the arm lock... push down with your left hand and pull up with your right arm.

Training Notes



Begin in the ready position with your right foot back.

Drop under his left forward straight punch.

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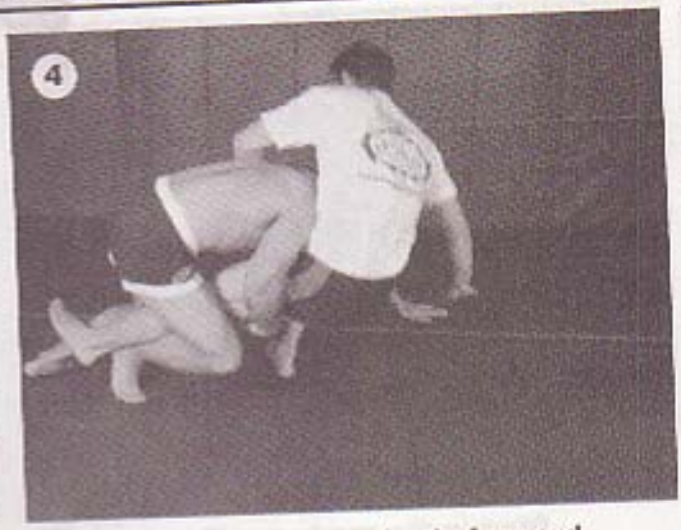
Rush in holding both his legs as you hook your right leg behind his left leg.



Push your upper body forward taking him down on his back.

Land on his stomach keeping your right leg hooked around his left leg.

Now cross your left foot under your right foot to secure your opponent's left leg.

Training Notes

Push your hips down and lift both your legs up to apply a very painful leg lock.

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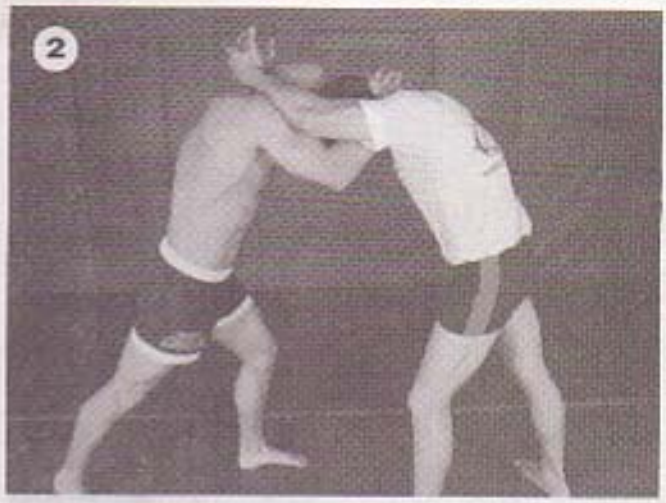
Start in the ready position with your left foot forward.



Reach forward holding the back of his head in a clinch position.

Right knee to his solar plexus.

Followed by a left knee.

Keep pulling his head and then...

...shoot in, grabbing both his legs behind the knees.

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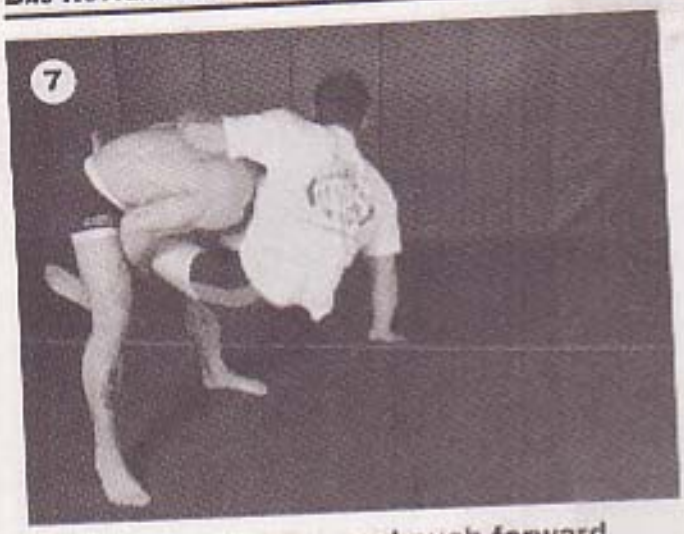
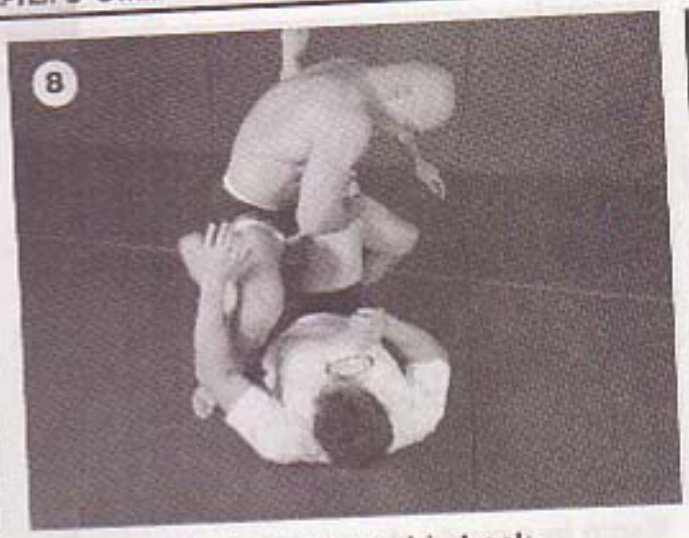


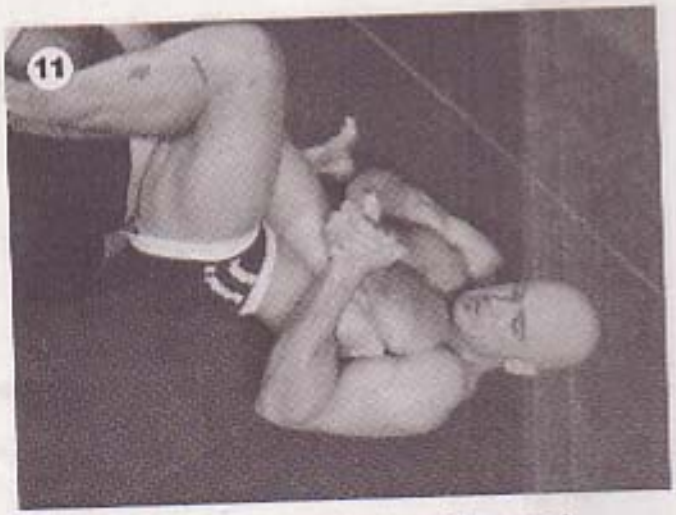
Pull his legs up and push forward on his chest, sending him down. His left leg is in between your legs.



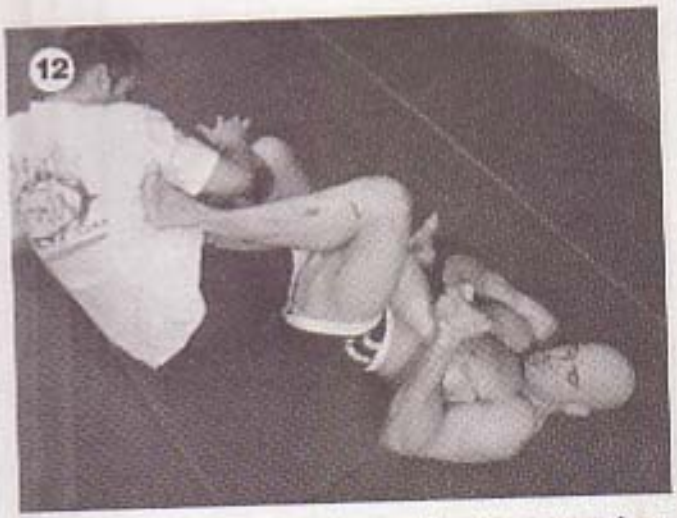
As he lands on his back, stay over him holding his left leg.

Pull his knee to the right and grab his heel.

Fall back with his right foot secured in your left armpit, your left heel on his hip.



Hold your hands together and twist his heel in towards you.



Apply the lock, but keep him from moving forward with your left foot on his right side.

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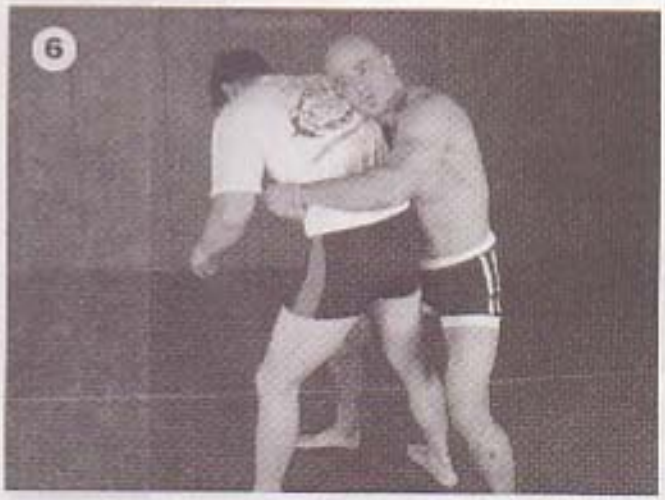
Begin in a ready stance, left foot forward.

Strike with a left front straight punch to the face.

Followed with a right straight to the face.

From here, shoot in low for a takedown.

As you come in, step to the right side of your opponent, underneath his armpit.



Continue around to his back with your arms around his waist.

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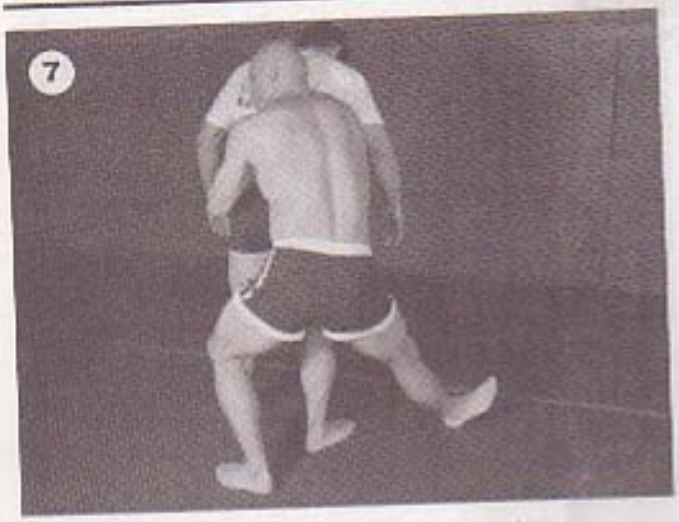
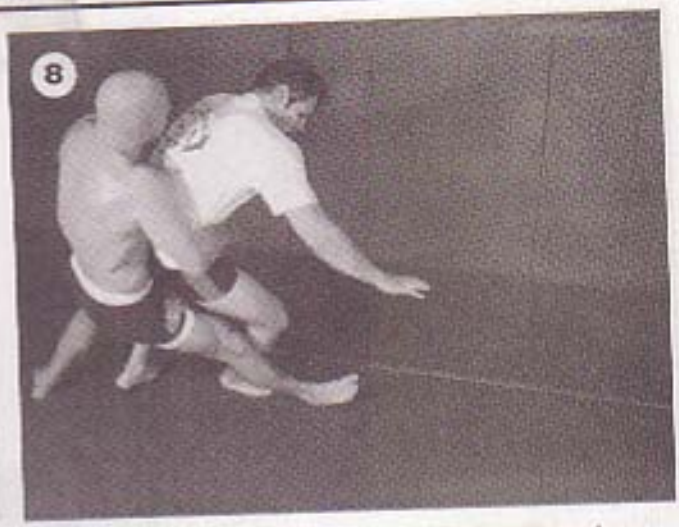
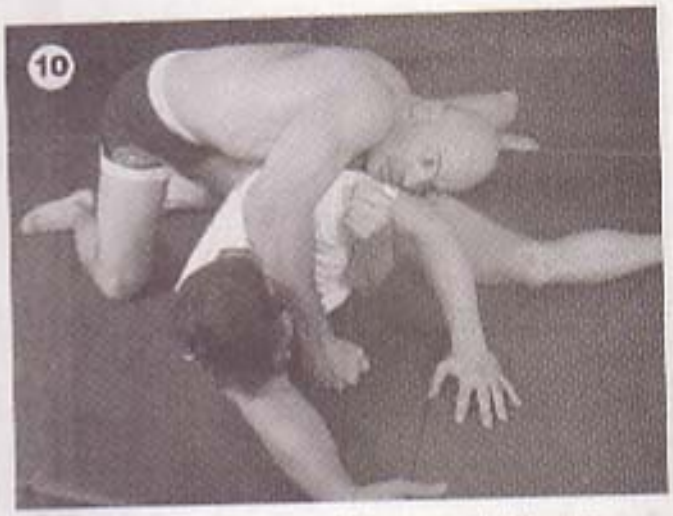


Keep your momentum going as you straighten your right leg.

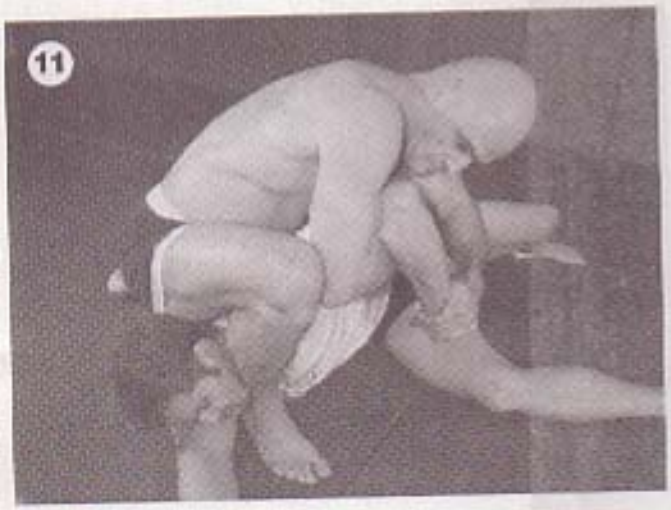


Use your leg to trip your opponent.

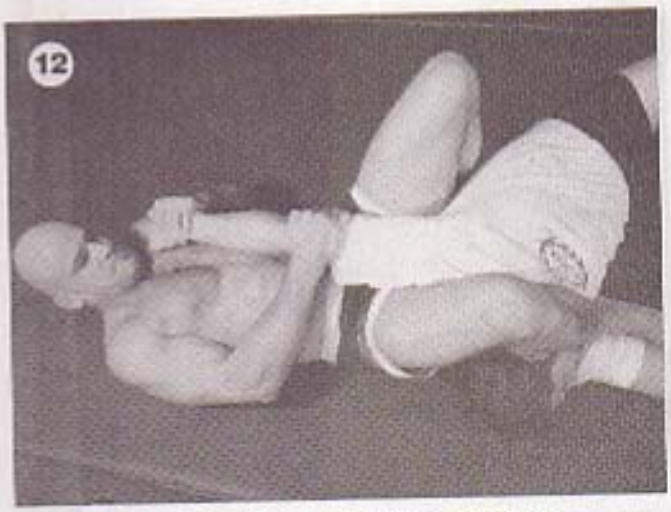
As he falls, hold on and keep control.



Cross face him with your right arm and grab his left arm.



From there, step over his head with your right leg, while holding his left arm.



Drop back to apply the armbar.

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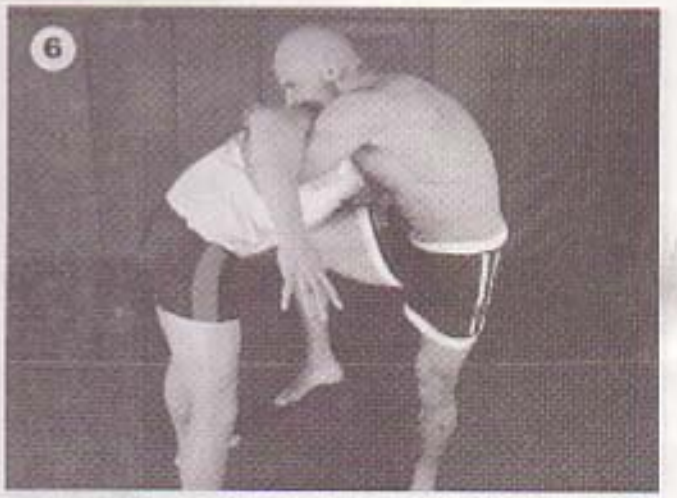
Begin in a ready position with your left foot forward.

Shoot in and grab his neck with both hands.

As you clinch, knee strike his midsection, to distract him.

Grab around his head.

With his head under your right armpit, slide your arms under his, grip your hands...



...together tightly to control him and apply a right knee to his solar plexus.

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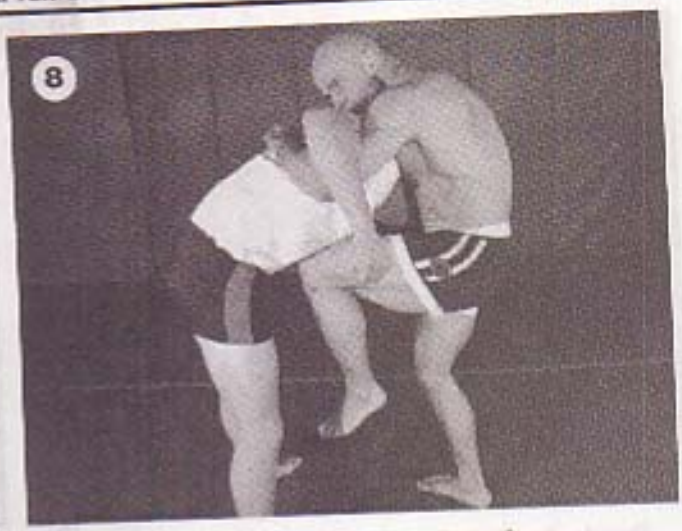
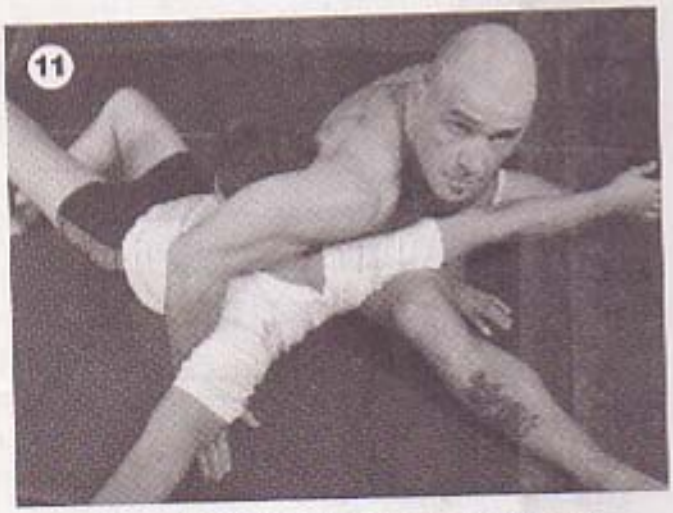
Followed by...



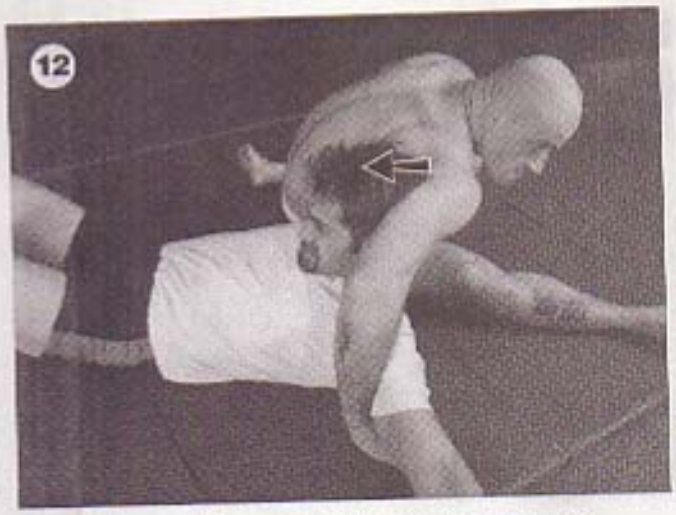
...a left knee to the solar plexus.

Then twist your opponent's upper body to the left.

While taking him down, maintain control, keep his head behind your right armpit.



Now move your right leg forward and your left leg back.



From this strong base, lean back to apply a crucifixion neck crank.

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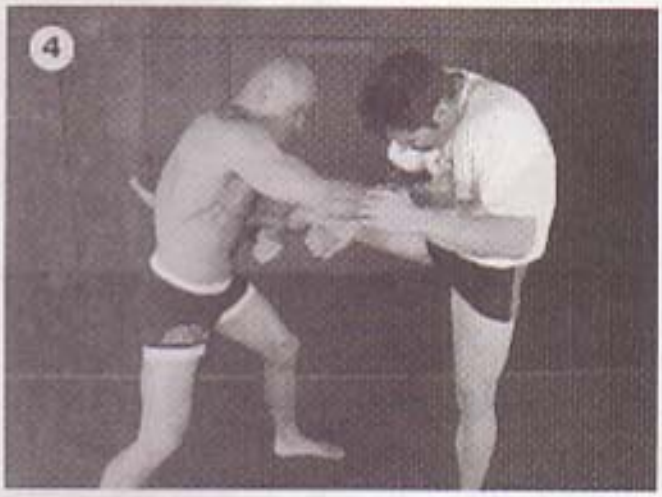
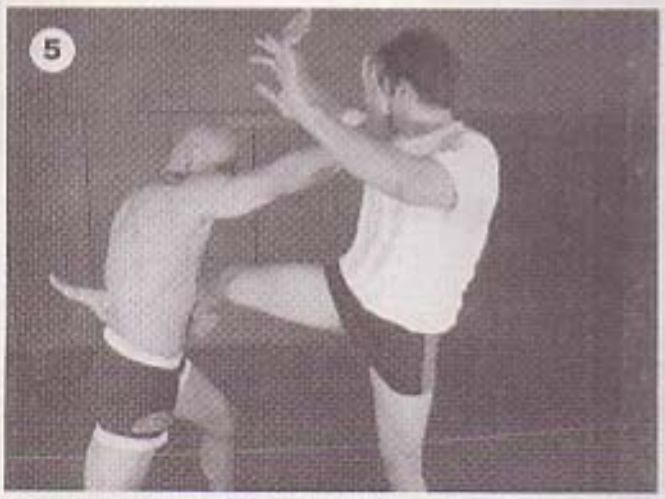
Begin facing your opponent in a ready stance with your right foot back.

As your opponent attempts a right leg roundhouse kick to your left side...

...hold your ground catching the kick under your left arm.



Immediately deliver a right straight punch to the solar plexus. Pull your hand back...



...then with the same hand, follow with a palm heel strike to the face.

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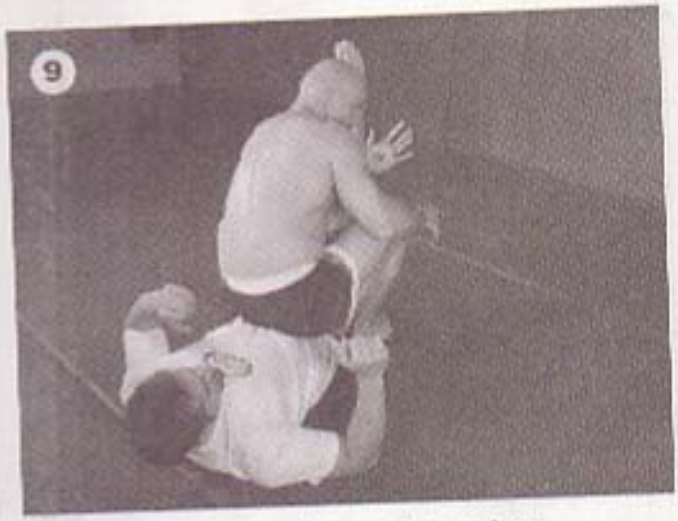
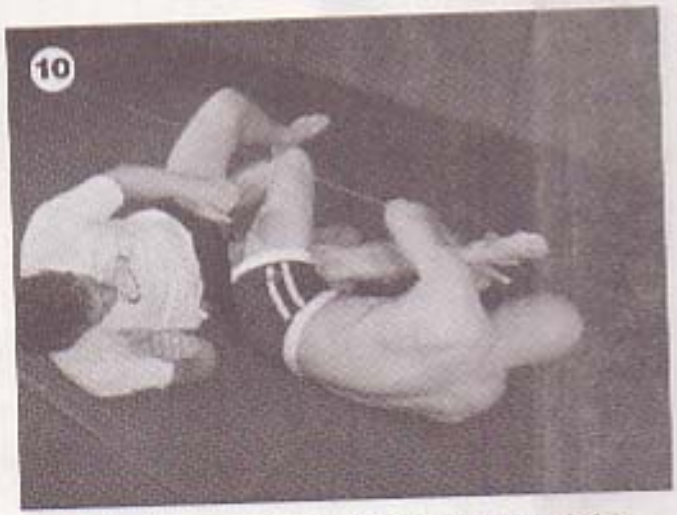
As you strike, step in with your right leg behind his left leg for the take down.

As he hits the ground, stay over him, holding his left leg down and right leg up.

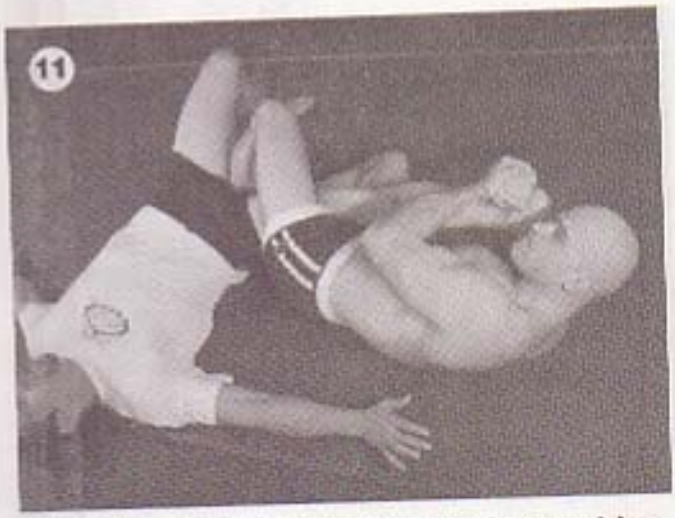
Continue holding his right leg and step over moving around to the right .



Keep turning and stay low.



Fall sideways holding his leg straight, with your legs and feet around his right leg.



With his right leg secure, bridge your hips up, pulling his foot in to apply the knee bar.

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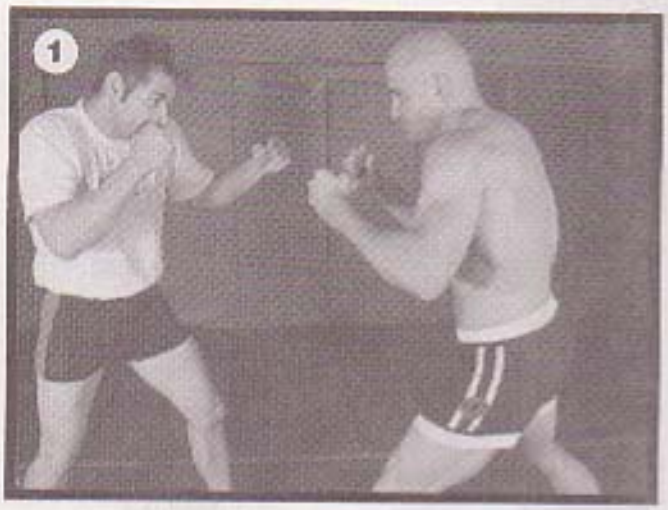
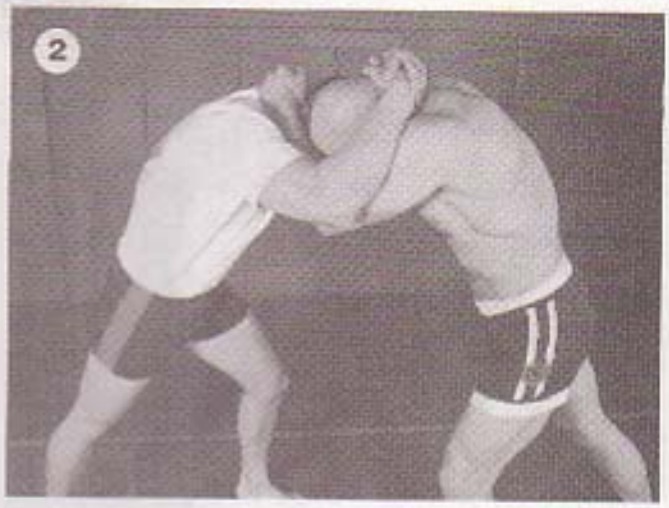


Begin in a ready stance with your left foot forward.



Your first move is to rush in, getting your opponent in a clinch position.

Immediately follow with a right knee to the solar plexus.

Step forward with your right foot as you slide your right arm under his left armpit.

Look at your hip position as you prepare to throw your opponent over your back.

Holding him tight to your body, shoot your hip out as you prepare too throw him.

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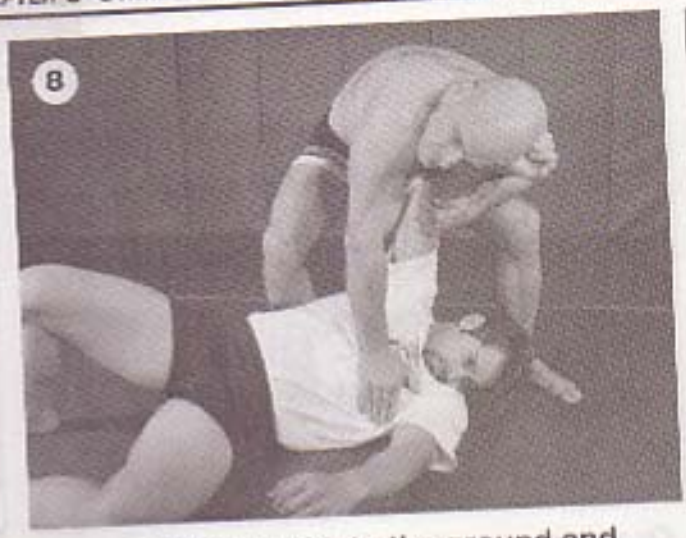
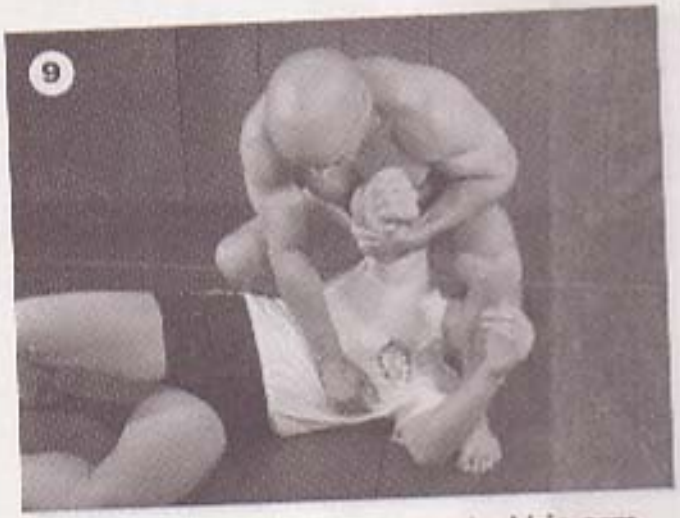
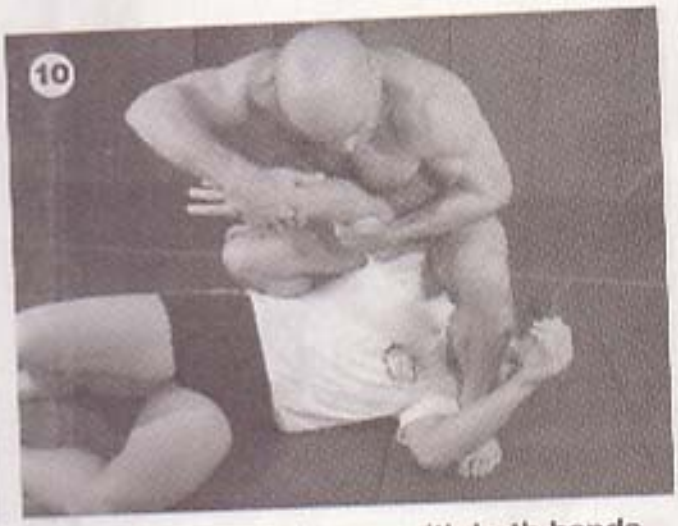
Pull him over your back and hip...



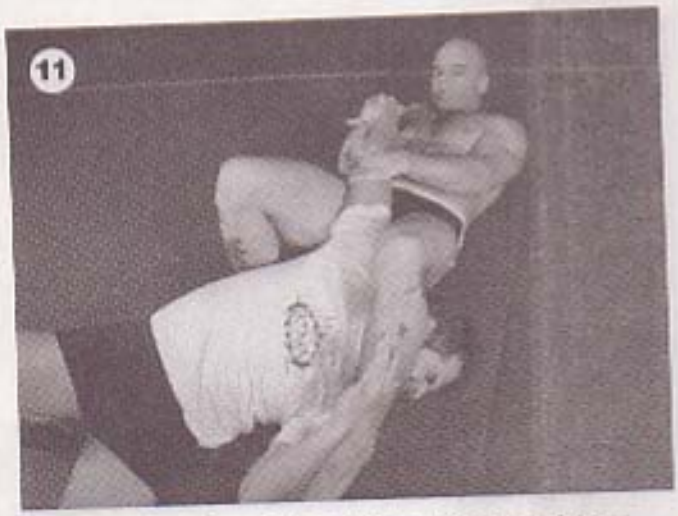
...slamming him to the ground and holding onto his right arm for control.



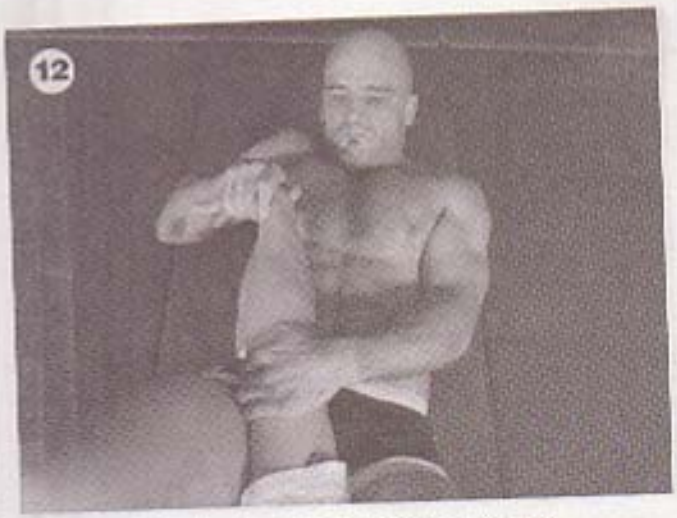
From here, continue to control his arm as you step over his head with your left leg.



Now grab his right arm with both hands.



Drop back, pulling his arm straight as you go. Lock it straight against your leg.



Push down on his wrist and bridge up to apply the armbar.

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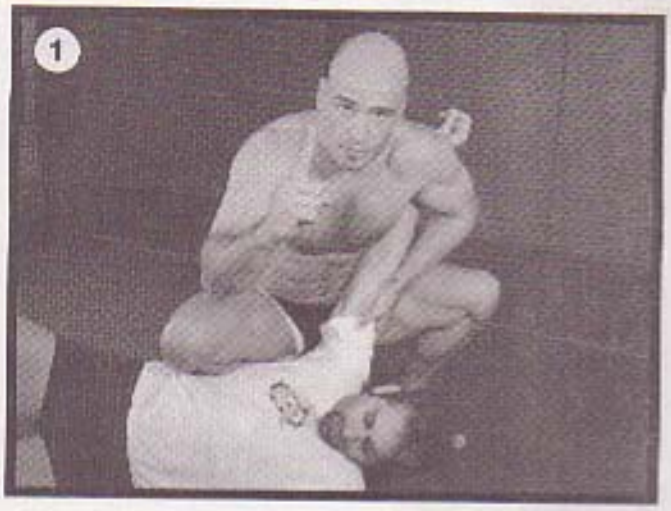
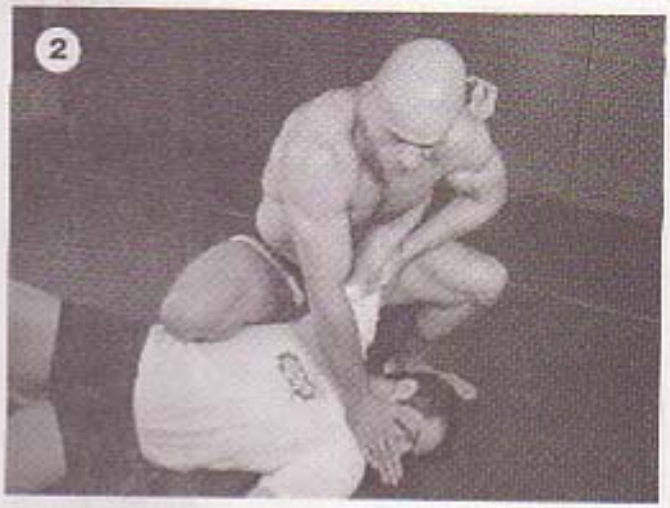
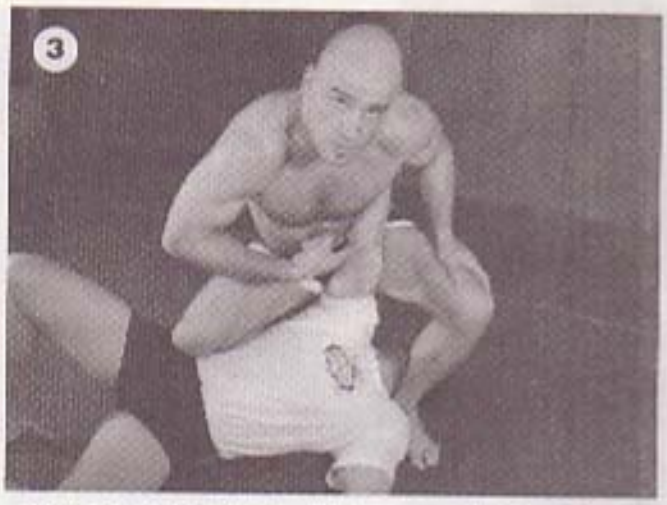


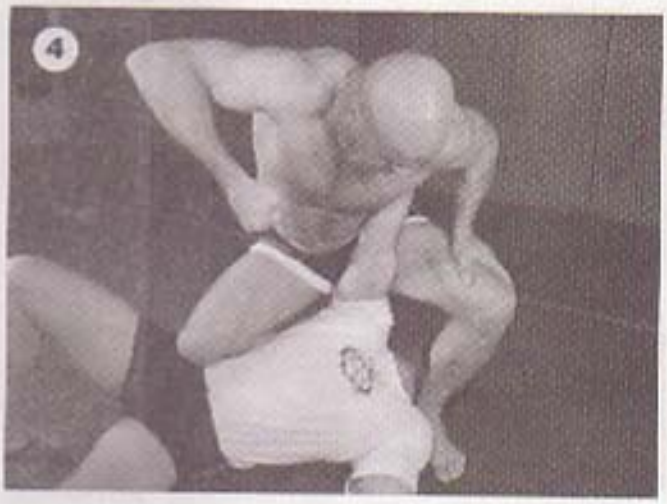
Or you can do this similar technique after taking your opponent down with a hip throw.



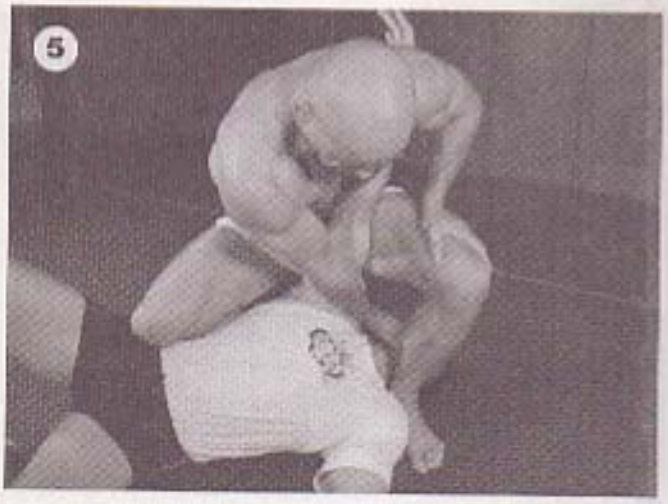
When down, keep hold of his right arm and cross face him with your right hand.



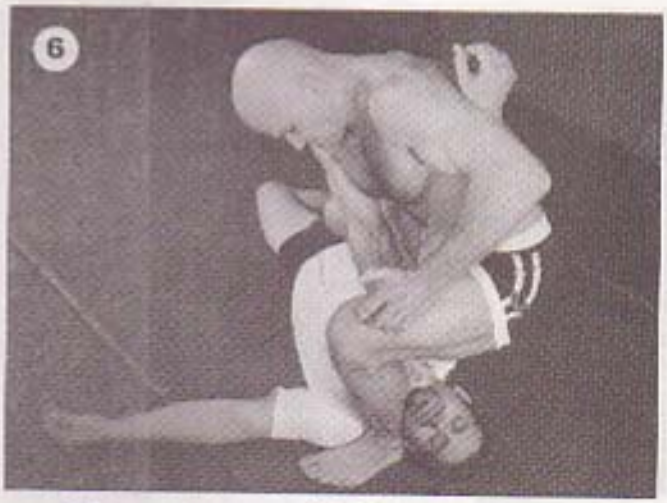
Step over his face with your left foot, lock his right arm against your leg and body.



You now have complete control of your opponent.



Strike with a right straight punch to the face or any other open targets.



As you can see, it is impossible for your opponent to escape, the fight is over.

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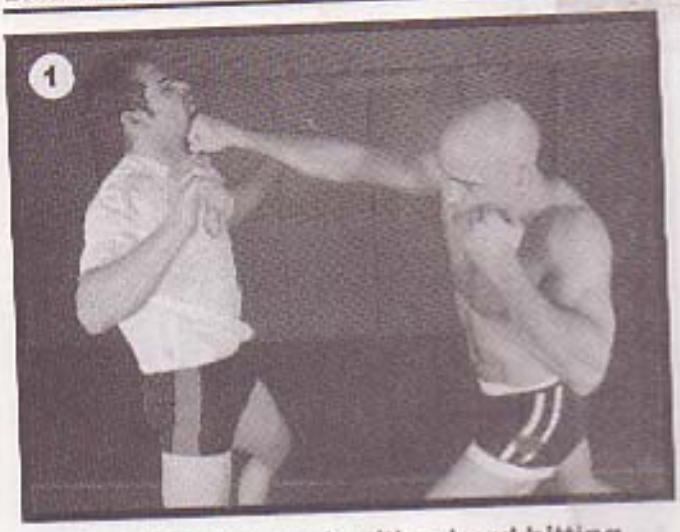
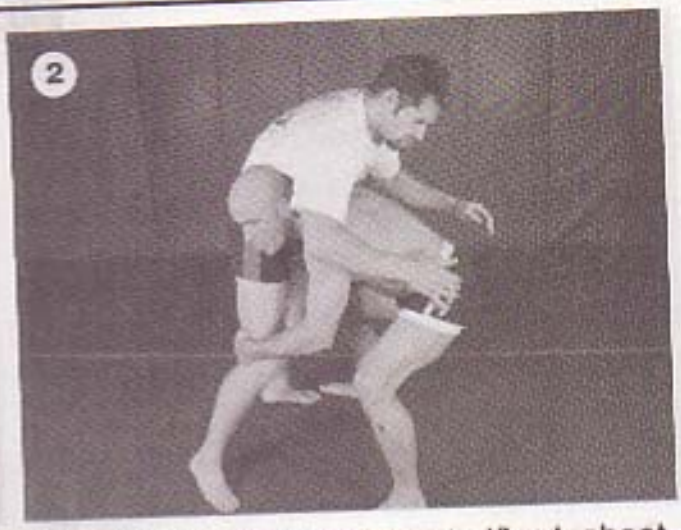
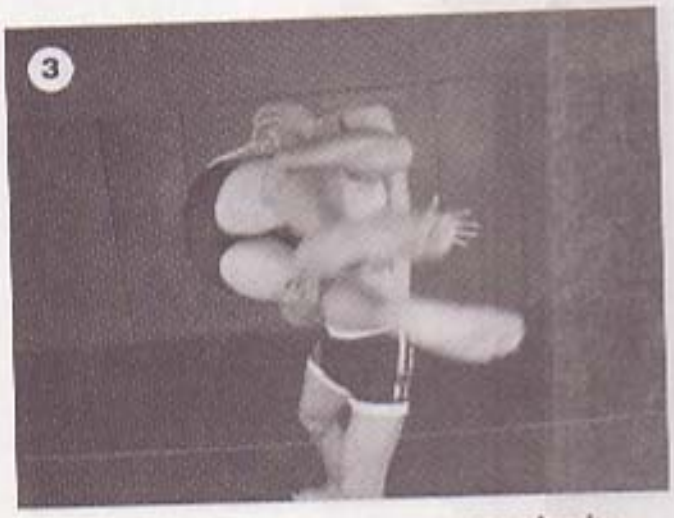


Begin your attack with a hard hitting right straight punch to the face.

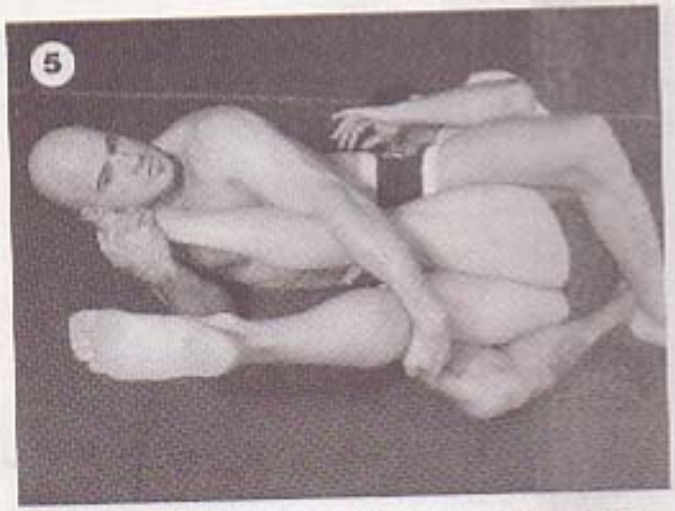


With your opponent distracted/hurt, shoot in low and grab both legs behind the knees.



As you lift up, turn your upper body weight forward for the takedown.

Slam him on his back, holding his right leg as you step over with your right leg.



Continuing to the right, holding his legs, but now go for just one leg.

Secure his foot against your right cheek, twist his heel to the right and bridge.

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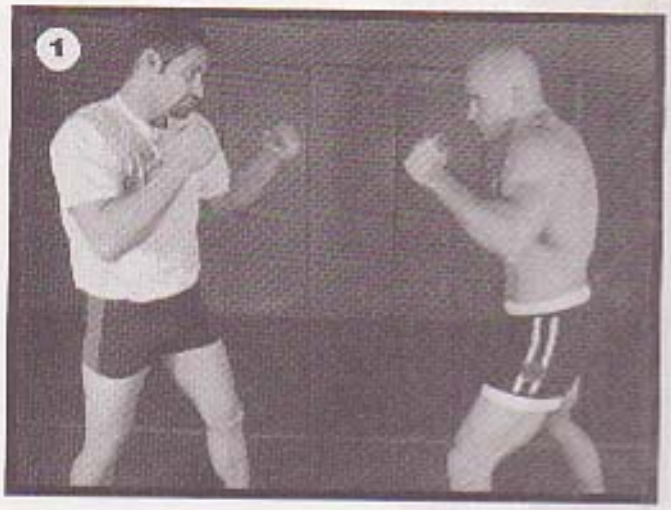
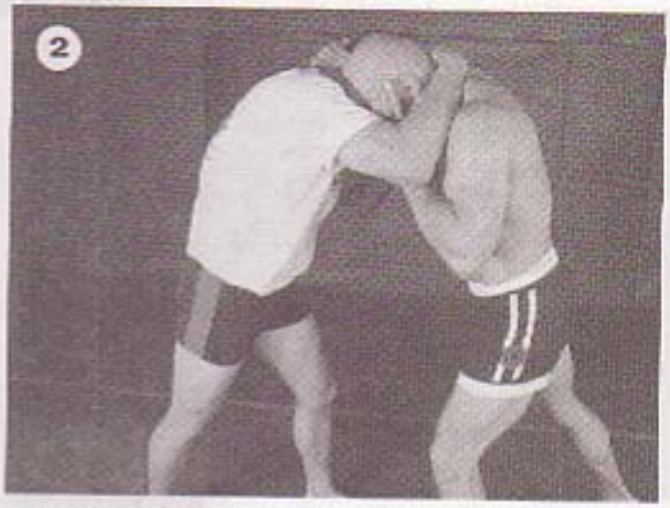


Start in a ready stance, left foot forward, right foot back.



As he moves in to clinch, create space by sliding your right hand under his right arm.

Then place your left palm under his right elbow...

...pushing his arm up over your head, or keep it in place and you move under it.

Bring your right hand around his neck.

Hold your hands tightly together with his right arm against your right cheek.

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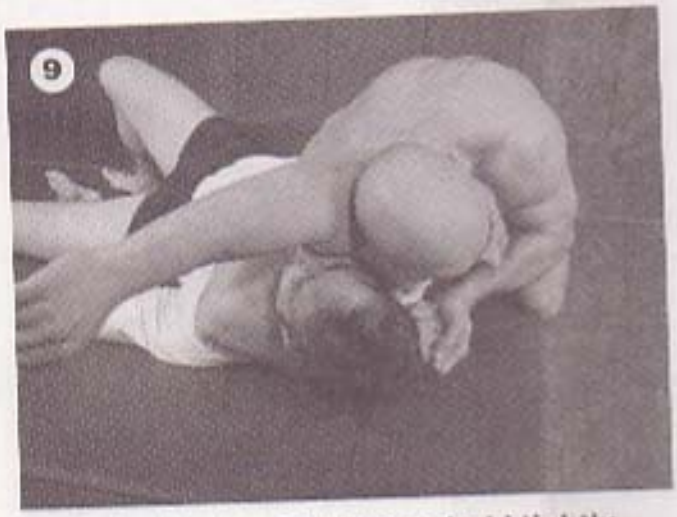
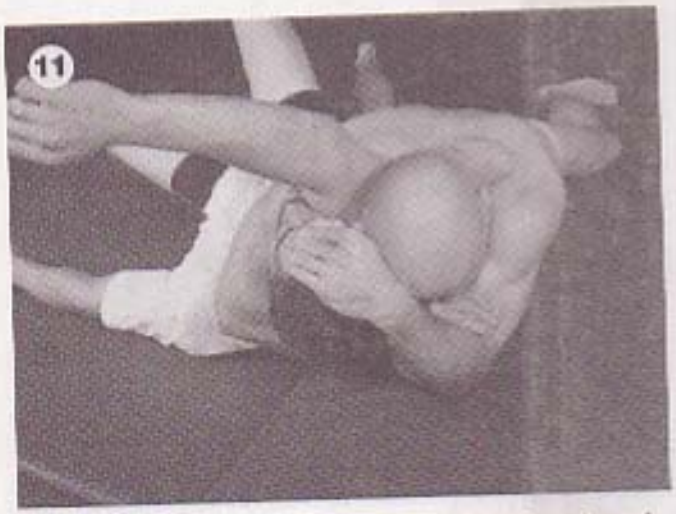
Step in with your right leg and hip tight against your opponent's side.

Pulling his head down, throw him over your hip.



As he lands, continue to hold tightly, squeezing his neck.

Slide your right hand to your left biceps and put your left hand on his forehead.



Apply the choke by pushing his forehead down, squeezing tight with your right arm.

From this angle you can see there is no escape from this lethal submission.

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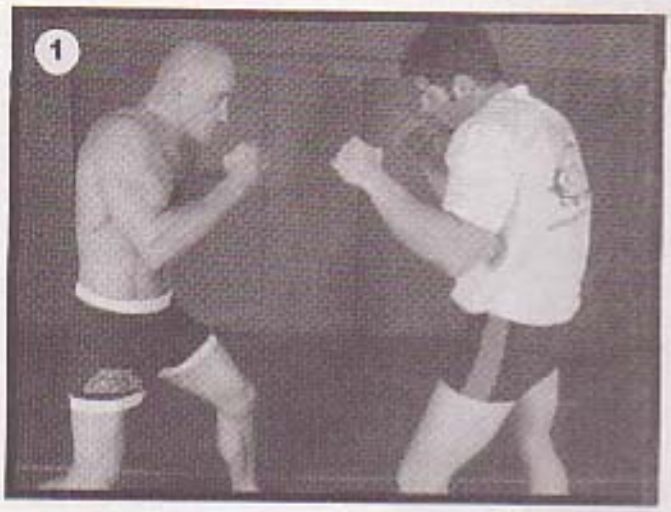
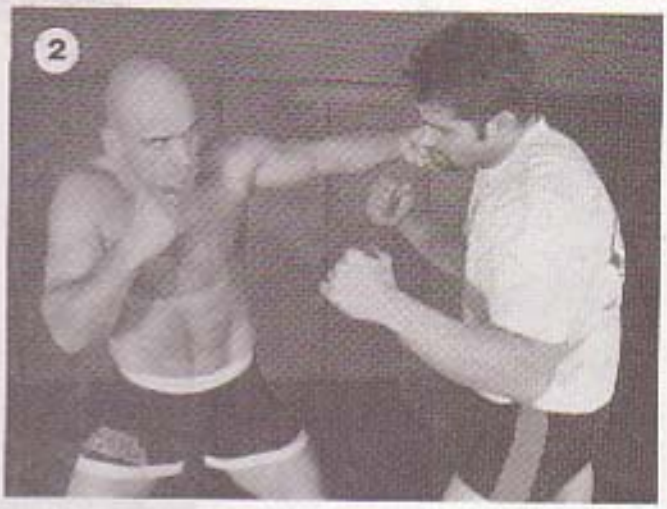
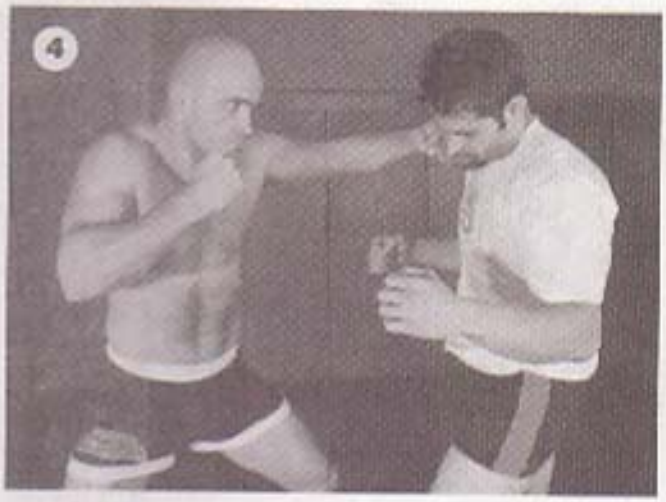


Begin in a ready fighting stance, left foot forward.



Left hook to his jaw.

Right hook to the jaw.



Followed with a left hook to the face.

Those three rapid punches set up your takedown. Shoot in grabbing both legs.

Pull both legs up, driving your head forward and into his chest.

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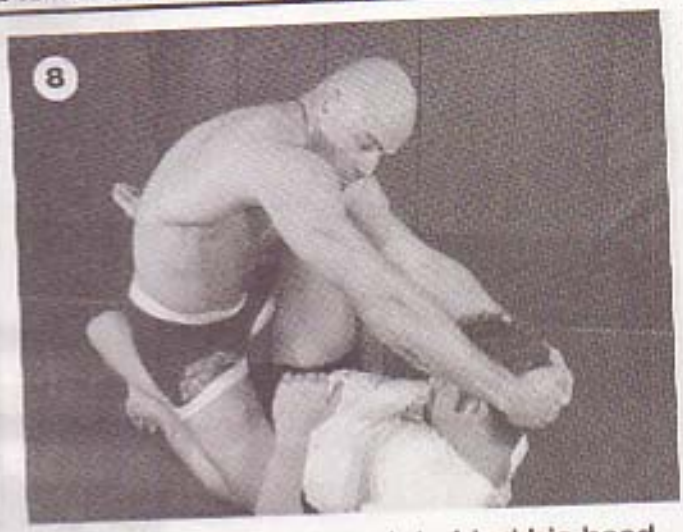
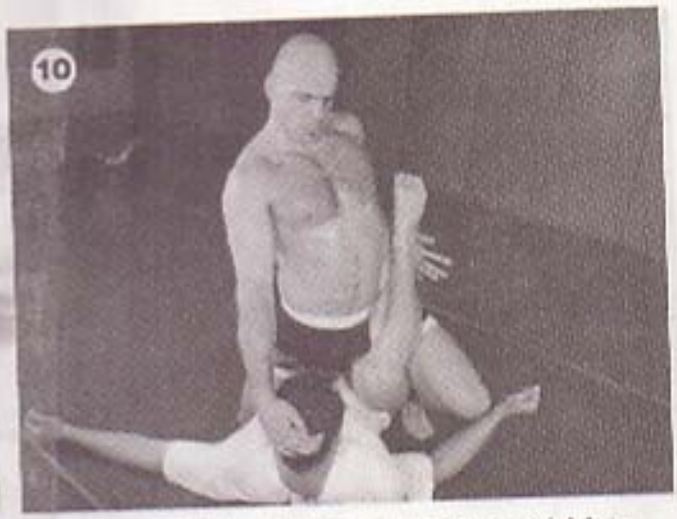
Land on top of him as he falls on his back. Only one leg is in between your legs.

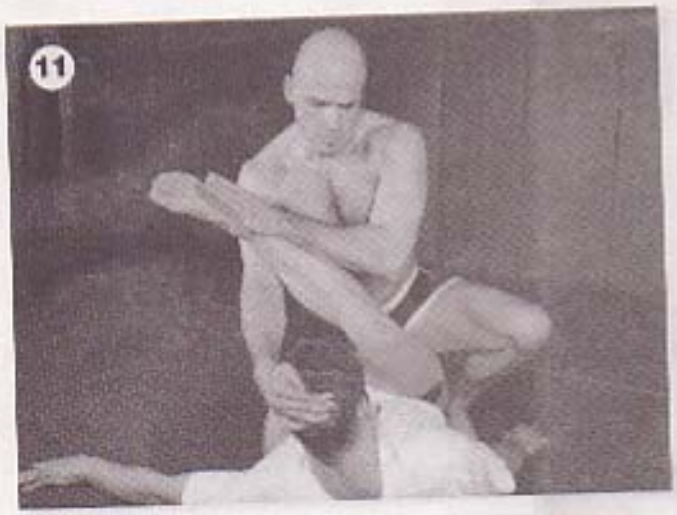


Reaching forward, grab behind his head with both of your hands .

Pulling forward, smash his head into his own knee.



Keep holding his head while grabbing his right leg with your left hand.



Pushing his right leg across your body...

...grab his head with your left hand. Tuck his leg under your right arm.

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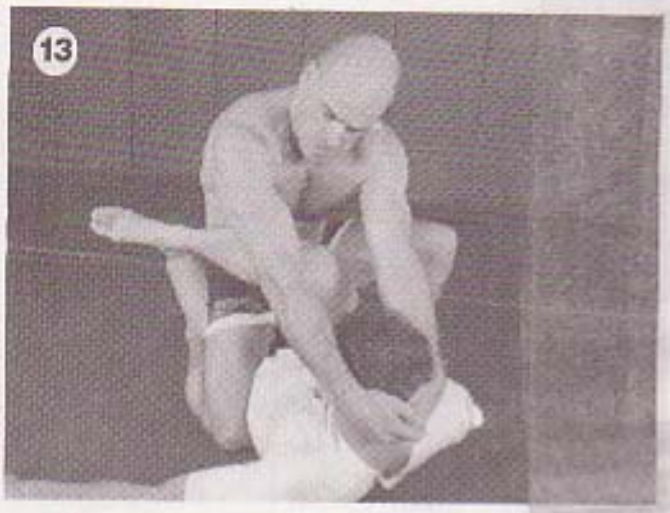

Now grab the head with both hands.

Again, smash his head into his own knee. Good for distraction or maybe a knock out.

Bring your right arm over his foot.

Hook his toes under your right armpit as you hold his right knee with your left hand.

Fall backwards, to apply the heel hook, then throw your right leg over.

Grip your hands together and twist his heel to the right, keeping your feet locked.

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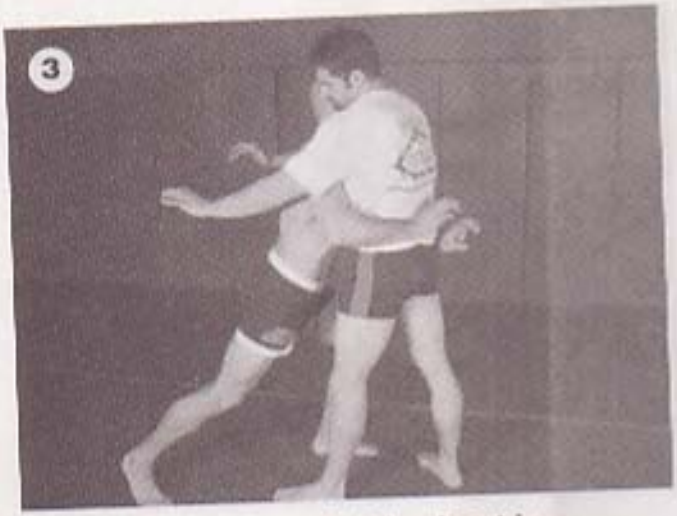
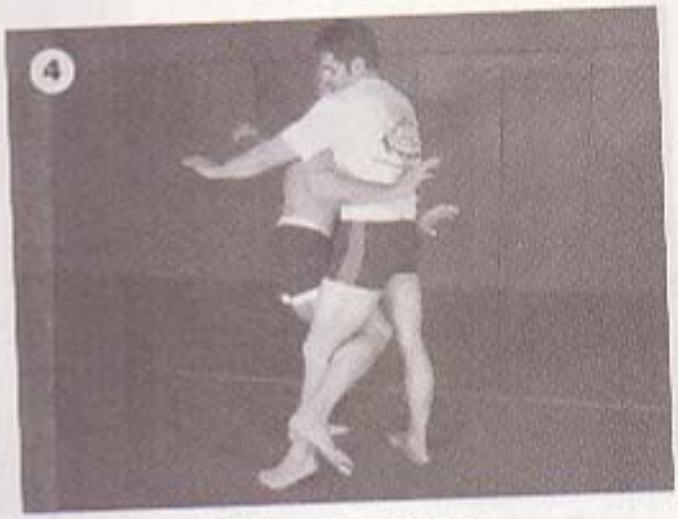
Begin in a ready stance, left foot forward.

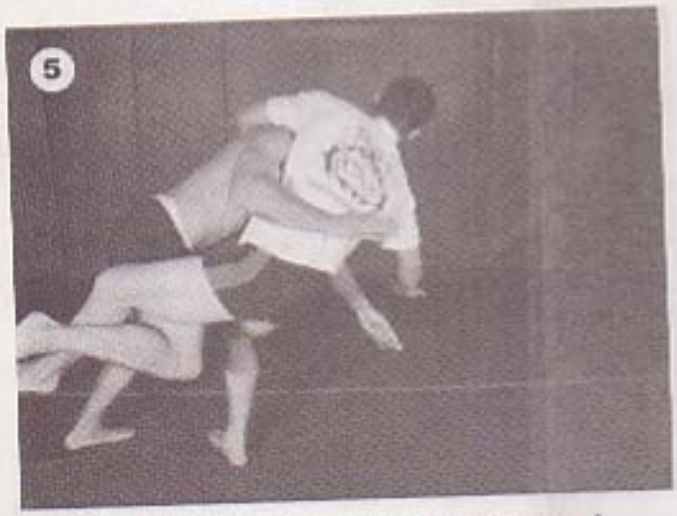
Lead with a left straight punch to the head.



Then immediately shoot in, with arms around his waist.



With your right leg, hook around his left leg.



Pushing your body weight forward, take him down.

Land on top of him and go to work right away to pull your right leg out.

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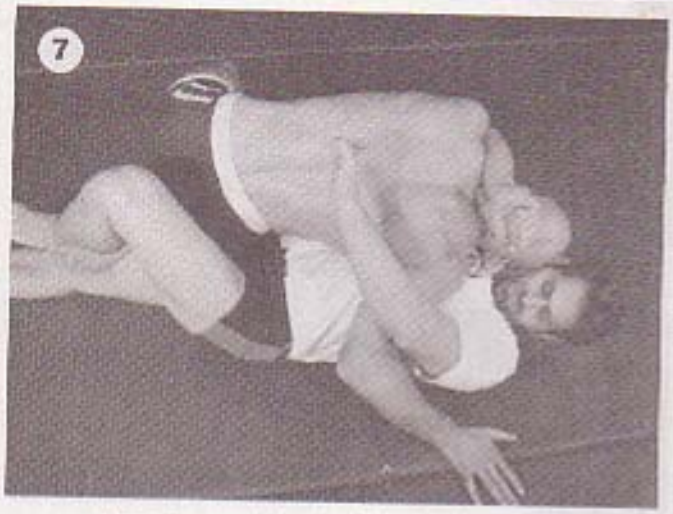
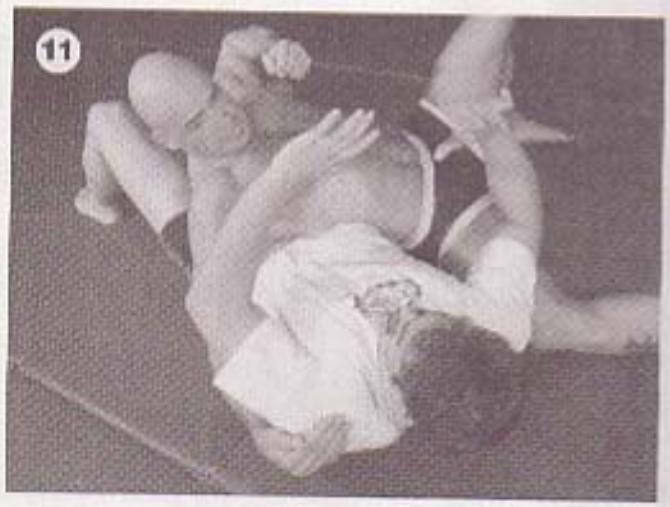


Begin moving to his right side.

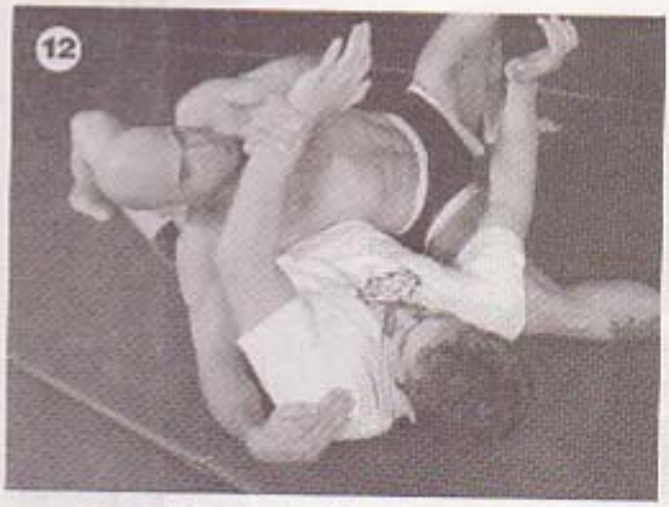
Once to the right, take control in the side position.

Ready a left punch to the face.

Hit with the left.



As you punch again he raises his left arm to block... which is what you want.



Grab his wrist with your left hand.

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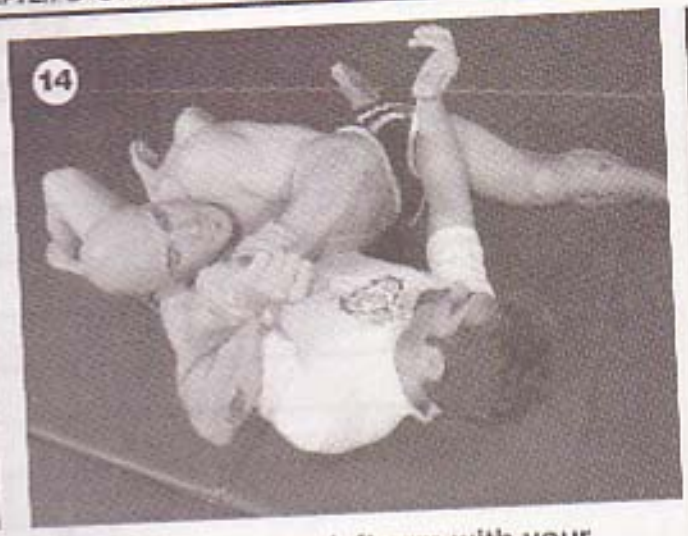
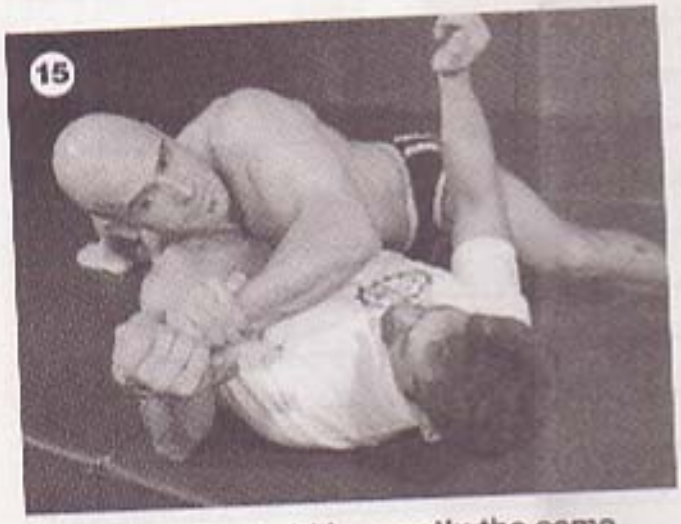
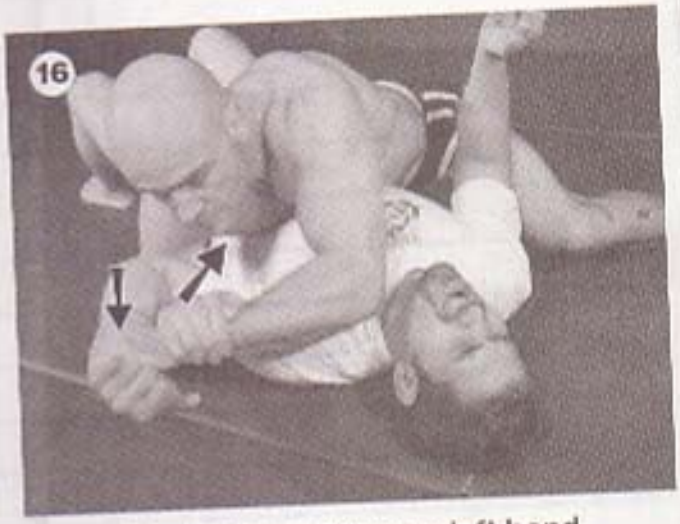
Come under his left arm with your right arm.



Holding your left arm with your right hand, you now have the lock.



Keep your hold in exactly the same position, but turn onto your belly.



Push down with your left hand while pulling up with your right arm.

To increase pressure on his arm, move on top for more leverage.

As you can see the lock is now applied 100% and there is no escape.

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Training Notes

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Chapter 6

Thai Banana Bag Training Techniques

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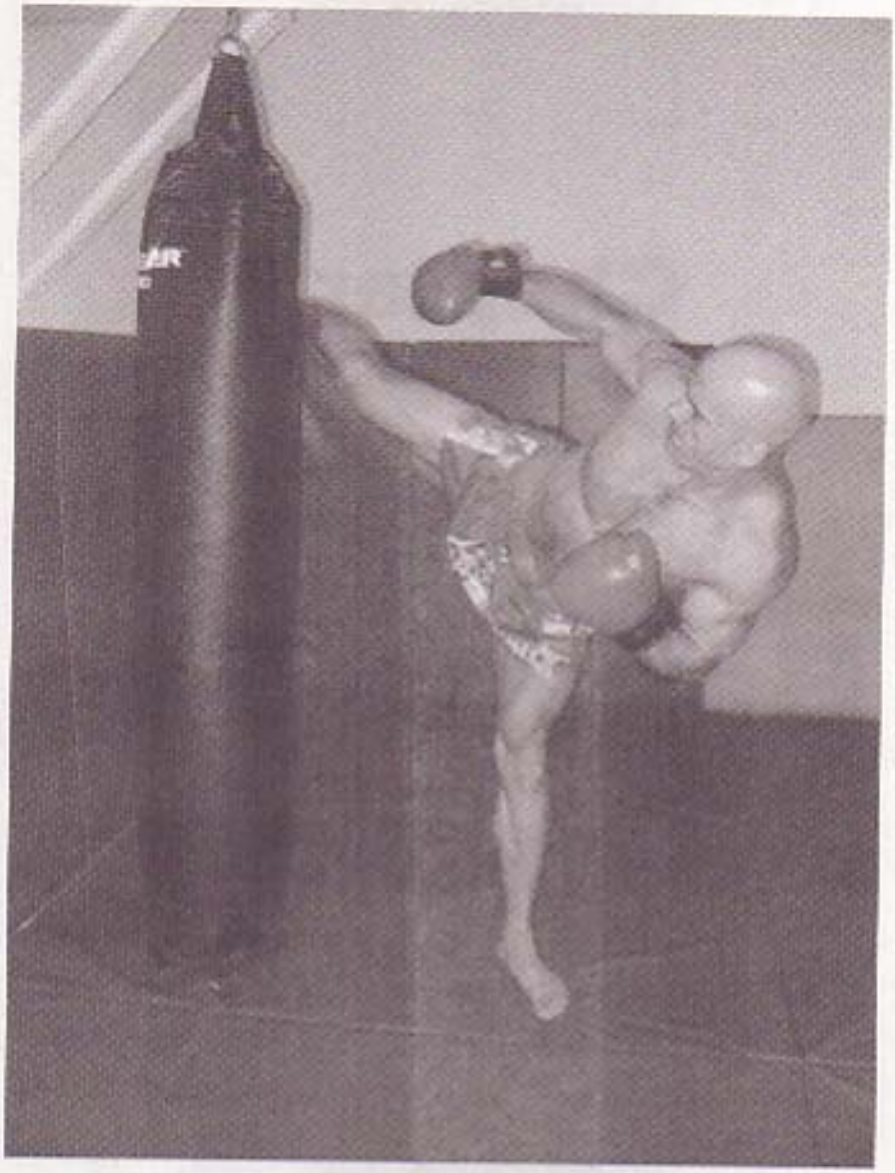
Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.



"Good endurance is the most important thing you need in fighting. If there is no gas in the Ferrari, it won't run. Somebody can be the best technical fighter in the world, but if he doesn't have the endurance to back it up, he can loose to a lesser skilled determined fighter who has greater endurance."

—Bas Rutten

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The Thai Banana Bag

Unlike the normal bag, the banana bag is 6' long and goes all the way to the ground. Originating in Thailand, this terrific, versatile bag enables you to punch and kick to different heights… to the "head", the "body, and the "legs" of the bag.

Of primary importance is to focus on the specific areas that you want to attack in your mind. I like to stand next to the bag and measure where my head, ribs, liver and legs are located so I won't be firing random shots that land just any place.

You will see that I use a lot of variety in the attacks that I do on the banana bag.

Go from the head to the legs, legs to the head, head to the body, or body and legs, etc… Everything is possible now.

This means that on this bag you can really explore combinations. The ones that I give here are just a tip of the iceberg. Look at them, practice them and then eventually make your own combinations… the ones that really suit YOU.

But don't forget, this is just a bag, not an opponent. Keep your hands up as if you are in a real fight. Just use it to train your combo's on the bag and then try them out while sparring with a partner that will actually hit you back.

And, as always, have fun with it!

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This is a versatile piece of training equipment.

It allows strikes low to the legs and knees.

Execute strikes to the midsection area.

The height enables you to strike or kick the head area.

It is very important to keep the bottom secured so the bag does not swing when struck.

The top should be secured with one large hook and no long chain in order to avoid swinging.

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Combination #1: Basic warm up techniques.

Left straight punch to the head.

Low right roundhouse kick to the thigh.

Combination #2: Fighting stance.

Right straight punch to the head.

Switch legs, bringing your left leg back.

Left leg low roundhouse kick to the thigh.

Build on these basics for advanced moves.

Combination #3: Fighting stance.

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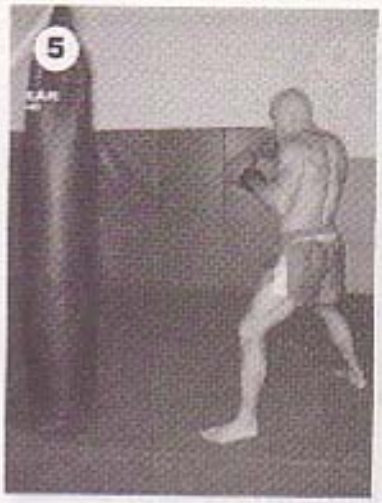
Left straight punch to the head.

Low roundhouse kick to the thigh.



Step back with the right foot.

Right straight punch to the head.

Left hook punch to the head.

Right leg roundhouse kick to the body.

Combination #4: Fighting stance.

Switch legs bringing your left foot back.

Left leg low roundhouse kick to the leg.

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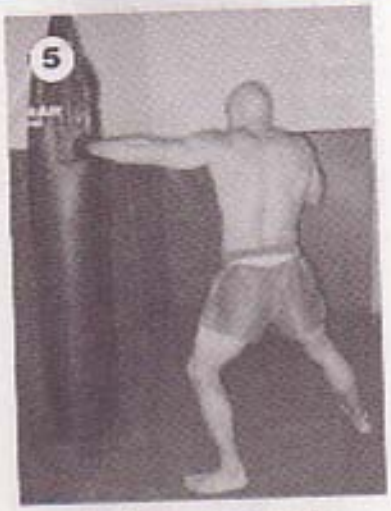
Right straight punch to the head.

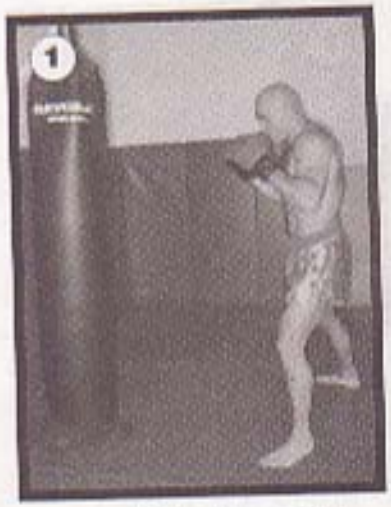


Left hook punch to the head.

Right straight punch to the head.

Switch legs bringing your left leg back.

Left leg low roundhouse kick to the body.



Combination #5: Fighting stance.

Left straight punch to the head.

Right straight punch to the head.

Left low roundhouse kick to the leg.

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Right straight punch to the head.

Left hook to the body.

High right leg roundhouse kick to the head.

Combination #6: Fighting stance.

Right straight punch to the body.

Left hook to the head.

Right low roundhouse kick to the leg. Put your...

...right foot back, twist back with your left hand.

Left hook punch to the head.

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Right straight punch to the head.

Switch legs bringing your left foot back.

Left low leg roundhouse kick to the leg.

Right elbow to the head.

Combination #7: Fighting stance.

Switch legs bringing your left foot back.

High left leg round-house kick to the head.

Right straight punch to the head.

Left hook to the body.

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Right low roundhouse kick to the leg.

Step right foot back.

Right straight punch to the head.

Combination #8: Fighting stance.

Left straight punch to the body.

High right leg round-house kick to the head.

Right straight punch to the body.

Left hook punch to the head.

Right roundhouse kick to the body.

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Combination #9:
Fighting stance.

Right front kick
to the solar plexus.

Step back with
the right foot.

Right leg roundhouse
kick to the head.

Step back with
the right foot.

Right straight punch
to the body.

Left hook to the head.

Switch legs bringing
your left leg back.

Left low roundhouse
kick to the body.

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Right elbow to the head.

Ready a left hook.

Left hook to the head.

Right hook to the head.

Left hook to the head.

Turn your left shoulder back.

Left hook punch to the body.

Ready another left hook punch.

Left hook punch to the head.

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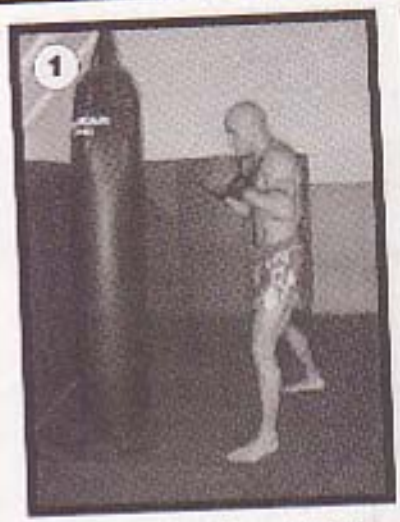
Grab the bag high.

Left knee to the ribs.



Combination #10:
Fighting stance.

Left hook to the head.

Right knee to the body.
Put your right foot back.

Turn your left shoulder
back to hook punch.

Left hook to the head.

Right hook to the head.

Switch feet bringing
your left leg back.

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Left knee to the body.

Right hook to the head.

Left hook to the head.

Right knee to the body.

Combination #11:
Fighting stance.

Left knee up high for a front kick.

Left front kick to the solar plexus.

Set right foot back.

Right leg low roundhouse kick.

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Left hook punch to the head.

Right straight punch to the head.

Switch legs bringing your left leg back.

Left low roundhouse kick to the leg.

Right straight punch to the head.

Combination # 12: Fighting stance.

Grab the bag on top with both hands.

Switch legs bringing your left leg back.

Drive your left knee into the opponent's thigh.

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Bring your right leg back for power.

Drive your right knee into the body.

Set your right leg back again.

Strike with your right knee into the leg.

Bring your left leg back for power.

Drive your left knee into the ribs.

Right leg back.

High right knee into your opponent's face.

Now left leg back.

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Left knee strike into the body.

Combination #13: Fighting stance.

Ready a left elbow strike to the head.

Left elbow to the head.

Right knee to the thigh muscle.

Bring your left arm and your right foot back.

Left elbow to the head.

Follow with a right elbow to the head.

Left hook punch to the body.

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Right elbow to the head.

Combination #14: Fighting stance.

Turn your left shoulder back to hook punch.

Left hook punch to the head.

Left shoulder back, ready to elbow.

Left elbow to the body.

Right elbow to the head.

Left hook punch to the head.

Right straight punch to the head.

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Switch legs brining your left leg back.

Left low roundhouse kick to the body.

Combination #15: Fighting stance.

High right leg round-house kick to the head.

Set your right leg back.

Switch legs bringing your left leg back.

High left leg round-house kick to the head.

Right straight punch to the body.

Left hook punch to the head.

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Low right leg round-house kick to the thigh.

Combination #16: Fighting stance.

Grab the top of the bag with both hands.

Right knee strike to the solar plexus.

Set your left leg back for power.

Roundhouse left knee strike to the face.

Set left foot back.

Left knee strike to the thigh muscle.

Set your right foot back.

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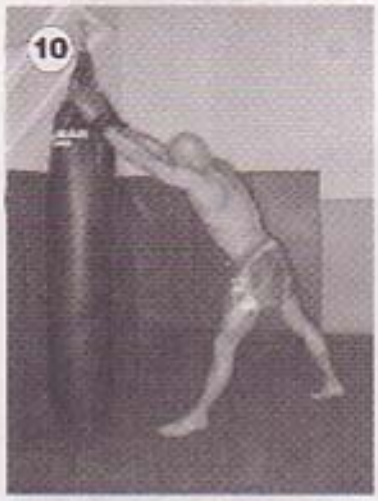
High right roundhouse knee to the face.



Set your right foot back.

Finish right knee strike to the midsection.

Combination #17: Easy but effective.

Left straight punch to the head.

Right roundhouse kick to the leg.

Set your right leg back.

Left straight punch to the head.

Right straight punch to the head.

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Switch legs, bringing your left leg back.

Left roundhouse kick to the thigh muscle.

Combination #18: Fighting stance.

Left straight punch to the head.

Right straight punch to the head.

Left hook punch to the head.

Right low roundhouse kick to the leg.

Combination #19: Fighting stance.

Left straight punch to the head.

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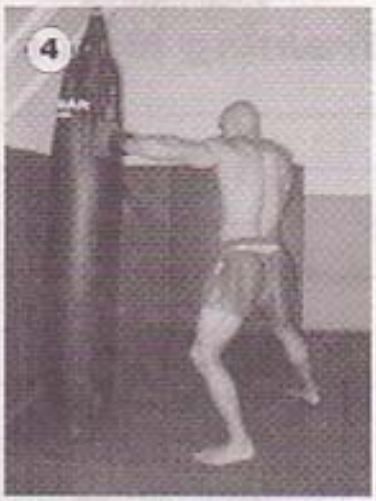
Right straight punch to the head.



Left hook punch to the head.

Right straight punch to the head.

Switch legs, bringing your left leg back.

Left leg low kick to the thigh muscle.

So, use the full length of the bag when training.

Mix your attacks, strike low to the leg.

Striking the body or midsection and...

...of course, strike high to the head. **Train Hard and Good Luck!!!**

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Training Notes

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